

Hafa Adai!

COTA provides van to Rota as part of expansion efforts. **PAGE 2**

Tinian unveils Pride Heart monument to cap Pride Month. **PAGE 3**

\$1

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REVISED BUDGET

Still \$144.84M gross budget; full \$512M ARPA allocations

By **FERDIE DE LA TORRE**
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REPORTER

Acting governor Arnold I. Palacios has submitted a revised budget proposal for next year fiscal year that identifies the same gross budget of \$144.84 million, with only over \$98.89 mil-



Palacios

lion left for appropriation after deducting debt service payments and NMI Settlement Fund obligations—essentially similar to the numbers that the administration submitted last April.

Volume IV, however, of the revised budget fully allocates the \$512,076,165 that is available

to the CNMI from the American Rescue Plan Act, pursuant to what Finance Secretary Da-

See ARPA on **Page 4**

'One trip cost over \$25K'

By **FERDIE DE LA TORRE**
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REPORTER

In one off-island trip that Gov. Ralph DLG Torres and first lady Diann Torres took in

2018, during which the first couple traveled on business or first-class, the government paid over \$25,000.

This was learned from

See TRIP on **Page 4**

Sablan, Casquero named Champions of Pride '21

By **JOSHUA SANTOS**
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REPORTER

Two of the CNMI's LGBTQIA+ advocates—T-Project

founder Tyra Lyn Sablan and Sharmaine Noel Casquero—have been chosen by the editors of the American LGBTQIA+ magazine *The*

See SABLANS on **Page 4**

AT A GLANCE

As of 7:50pm, July 4, 2021

VACCINATIONS IN THE CNMI

Eligible Population

Fully Vaccinated: **64.7%**

Days since last community transmission

103

Pfizer/BioNTech

Initiated: **25,391**

Fully Vaccinated: **23,097**

Moderna

Initiated: **4,121**

Fully Vaccinated: **3,878**

Janssen

Fully vaccinated: **445**

GUAM OLD NEW TOTAL

Positive **8,366** **7** **8,373**

Recovered **8,135** **16** **8,151**

Active **75** **7** **82**

Deaths **140** **0** **140**

Cumulative Number of Persons Tested **179,488**

SAIPAN OLD NEW TOTAL

Positive **183** **0** **183**

Traced via Travel Screening **147** **0** **147**

Traced via Community Screening **36** **0** **36**

Deaths **2** **0** **2**

Cumulative Number of Persons Tested **33,243***

*Total count includes the number of persons tested on Saipan, Tinian, and Rota. With guidance from the Centers for Disease Control and Prevention, CHCC has opted not to report active and recovered cases.

Source: Joint Information Center - Guam, Commonwealth Healthcare Corp.



Casquero



Sablan

COMMUNITY VULNERABILITY

LEGEND:

Red: Least safe

Orange

Yellow

Blue

Green: Safest

Source: Office of the Governor

Scaled-down July 4 marked with motorcade, fireworks



The Garapan Fishing Base was ablaze with fireworks last night, capping a scaled down celebration of Liberation Day in the CNMI. Earlier in the day, members of the community took part in a Liberation Day motorcade.

JOSHUA SANTOS/BEA CABRERA

By **JOSHUA SANTOS**
joshua_santos@saipantribune.com
REPORTER

Despite the scaled-down celebration of Liberation Day this year due to the COVID-19 pandemic, a motorcade and a fireworks display that marked the occasion still happened yesterday, thanks to the collective efforts of many in the community who made sure the day won't

See MOTORCADE on **Page 4**



INSIDE

BUSINESS

Cosmo Lounge provides a quiet place to study for school or have a business meeting.

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NATION

Hundreds who rely on a federally managed lake to quench their fields aren't getting any water from it at all.

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ASIA

A Philippine air force C-130 aircraft crashes, killing at least 17 military personnel.

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GOT A NEWS TIP?

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Local

COTA provides van to Rota as part of expansion efforts

Acting governor Arnold I. Palacios and the Commonwealth Office of Transit Authority on Thursday led an official hand-off of an accessible van to Rota Mayor Efraim M. Atalig for transportation services for *man'amko* and persons with disabilities on Rota as part of COTA's expansion of services on Rota and Tinian.

Following the aftermath of Typhoon Mangkhut on Rota and Super Typhoon Yutu on Tinian in the fall of 2018, Gov. Ralph DLG Torres, then-Senate President Palacios, and the

CNMI leadership recognized an urgent need to expand transportation services on the two islands for alternative forms of transportation, specifically for the elderly and persons with physical disabilities. This prompted COTA to coordinate with the CNMI Disability Network Partners to acquire an American with Disabilities Act-accessible vehicles for the communities of Rota and Tinian.

The amount for these two ADA-accessible vans is \$204,990. Through the collaborative efforts with the

20th Legislature led by then-House of Ways and Means chair Rep. Angel A. Demapan, \$150,000 was appropriated to fund these vehicles, while \$59,990 came from the COTA's local revenue collections. Tinian is scheduled to receive their van later this month.

"May this vehicle assist with Rota's community needs today and for the future, as we work together to expand the public transportation service here," said Palacios. "Our commitment remains as we begin the work up ahead



Acting governor Arnold I. Palacios signs the agreement handing off the Commonwealth Office of Transit Authority van to Rota with Mayor Efraim M. Atalig and special assistant for Public Transportation Alfreda C. Maratita in the Rota Mayor's conference room.

OFFICE OF THE GOVERNOR

with upcoming infrastructure projects that includes a maintenance facility and fleet for Rota in fiscal years 2022 and 2023."

Alfreda C. Maratita, the special assistant for Public Transportation and head of COTA, said that there were already discussions about having accessible transportation on the

island of Rota eight years ago, since the creation of COTA through Public Law 17-43.

"Thank you to Gov. Torres and acting Governor Palacios for prioritizing these efforts and supporting the much-needed services for the elderly and those with special needs and/or disabilities on the island of Rota. Special recognition to

Mayor Atalig and his amazing support team for the hospitality and continued partnership on Rota. Last, but certainly not least, I would like to extend my sincerest appreciation and gratitude to our dear residents of Rota, the CNMI Disability Network Partners, representatives, and your families for your patience and understanding as we worked through the process of successfully procuring this transit vehicle for all residents to get where you need to go conveniently and safely. Let this vehicle serve as a symbol of our commitment and continued support as we journey forward together and strengthen our ties with one another as more and more public transit opportunities flourish through the beautiful island of Rota," Maratita said. (PR)



Special Assistant for Public Transportation Alfreda C. Maratita stands in front of the COTA van for Rota with members of her staff and Rota disability network partners.

OFFICE OF THE GOVERNOR



Acting governor Arnold I. Palacios, Rota Mayor Efraim M. Atalig, special assistant for Public Transportation Alfreda C. Maratita, members of the Rota Mayor's staff, and Rota disability network partners during the official key turnover ceremony at the Rota Mayor's Office.

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Tinian unveils Pride Heart monument to cap Pride Month

The Tinian Mayor's Office and the municipality celebrated its final event for Pride Month with the unveiling of the newly constructed Pride Heart monument last Wednesday, June 30, 2021, at the island's Natibu Park.

The Tinian leadership, members of the local LGBTIQIA+ community, together with their supporters and partners, gathered at the Antonio M. Borja Amphitheater last Thursday for the unveiling, which capped

the island's celebration of June as Pride Month.

At the ceremony prior to the unveiling, LGBTIQIA+ Pride organizer Bobby Diamond said he experienced a lot of firsts when it came to celebrating the month of June as "Pride Month" on Tinian, beginning in 2018 when Tinian held the first-ever Pride celebration with a march, the following year painted the Tinian sign with the colors of the rainbow, followed by a Pride

motorcade at Taga Beach, and commemorated the 50th anniversary of the Stonewall riots in New York that started the modern LGBT movement. "And finally, we are here: the unveiling of the first-ever Tinian Pride Heart monument," he said.

In his remarks, the Tinian Mayor Edwin P. Aldan said that Pride Month is not just about celebrating and supporting LGBTIQIA+ community. "It is about recognizing the

common experiences and the challenges of navigating in this world," he added.

Dr. Bobby Cruz, who was the program's guest speaker, said, "Embracing our authenticity, and owning our truth: That's the space we want to live in the Marianas.... And so, it is up to us— you, me, together—we have to make a

decision that we will be visible, that we will be heard, and we will demand to be included."

Other guests at the event were Senate President Jude U. Hofschneider and Tinia Legislative Delegation chair Sen. Francisco Q. Cruz.

Tinian's LGBTIQIA+ community also extended appreciation to the Tinian Mayor's Office and its Special Projects Division led by project

manager Romeo Diaz, which financed this project and ensured its completion for the final Pride event, and to the PSS Mental Health program for their unwavering support and participation.

Other events for Pride Month were a roadside waving on June 2 to kick off this year's Pride Month, followed by a Pride paint night/dye for Pride shirt making on June 17. **(PR)**

Mafnas, Cepeda reappointed to NMC board

Gov. Ralph DLG. Torres has reappointed Zenie P. Mafnas and Charles V. Cepeda as members of the Northern Marianas College Board of Regents representing the Third Senatorial District.

If confirmed, Mafnas and Cepeda would serve another four-year term which will ex-

pire on May 29, 2025.

The appointment is subject to the advice and consent of the Senate.

The governor told the Legislature that he is confident that Mafnas and Cepeda will consistently devote their time and efforts on the board. He said the appoint-

ment and subsequent Senate confirmation will give the islands' primary institution of postsecondary education the support necessary to provide high quality, affordable and accessible education programs and services for the people of the Commonwealth. **(Ferdie de la Torre)**

360 Restaurant is latest NMC ProaPerks member

360 Restaurant is the latest company to sign on as a Northern Marianas College ProaPerks Partner, joining many other businesses and organizations that provide exclusive discounts and benefits for Northern Marianas College students, employees, and alumni.

All card-carrying members of the NMC ProaPerks program can now receive a 10% off on food & drink purchase at 360 Restaurant.

360 Restaurant joins the growing list of ProaPerks partners such as 153 Restaurant, 4EVER CNMI, Alamo Car Rental, AllStar Sporting Goods, Aqua Connections, Inc., Athlete's Foot, Avis Rent A Car, BAB Korean Restaurant Cup Bab, Boarderline, Bolis R US 2, Bubba Gump, Candle J, Caravan of Food, Casa Urashima, Chelu Alynez Enterprise, Chun Gi Wa Korean Restaurant, Coral Garden Hotel, D' Chef's Kitchen, Do-como Pacific, Dollar Days, Enterprise Car Rental, Ete Cafe, Fishing Tackle and Sporting Goods, Fork and Spoon, Garapan Restaurant Cafe & Grill, Gold's Gym, Grandvrio Resort Saipan, Great Harvest, Boyer Trading Company LLC. dba Ginen Saipan, Ha'ani Company, Healing Stones Spa, Highway Express Auto Care Center, Herman's Modern Bakery, Inc./Tan Marikita's Cafe, Hertz Rental Car, Hyatt, Ice Island Coffee & Ice Deserts, Ina's Kitchen, Isla Shave Ice, International Roller Skates, JC Cafe, Judy's Cafe & Restaurant, Junlyn Salon, Kentucky Fried Chicken/Taco Bell, Kevin's Cafe, Kiki's, Latte Build Gym, Lohas Massage, Lucky Store, Lucky II Mart, Magbers Snack Bar, Mama D's Cafe, Marianas Creation, MMC & Pacific Labs, LLC, Megabyte, Mermaid Restaurant & Milk Tea, Micafe Snack Corner,

Nam Dae Moon, National Car Rental, Natural Nail & Spa, Neni Girl Nails, NMC Bookstore, Ocean Candy, Ocean Star Restaurant, Pacific Home Appliances, Pena House Boutique, Pizzeria Bar & Grill, Saipan Computer Services, Shirley's Cafe, Salty's, Summer Snow Cafe & Kids Corner cafe, Surf Club, The Ohala Foundation Clothing, The Pacific Supply, The Shack, Tinian Diamond Hotel, Tribe Marianas, and Triple J Motors..

Companies and other interested organizations who would like to become part of the ProaPerks program can find more information by emailing proaperks@marian-as.edu. **(PR)**

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Faith, Hope and

KARIDAT

Catholic Charities - Diocese of Chalan Kanoa

Request for Proposal for Hardscaping

Karidat Social Services is soliciting competitive sealed proposals to perform hardscaping repairs at the Sister Remedios Community Center in Chalan Kanoa. The proposal must be submitted to Karidat's office at Sister Remedios Community Center, 3119 Chalan Kanoa Street, Chalan Kanoa Village, Saipan or mailed to Karidat Social Services; P.O. Box 501058, Saipan, MP 96950 by July 23, 2021 at 4:00 pm.

I. Contents of Proposal: The following information must be included in the Hardscaping Proposal:

- Title Page Containing
 - RFP Subject
 - Name of the Firm
 - Local Address
 - Telephone Number(s)
 - Email address
 - Name of contact person
 - Submission date

II. Transmittal Letter:

- A brief statement of your understanding of the work to be performed and an affirmative statement to perform work within the time period stipulated.
- State all inclusive fees for which the hardscaping will be performed.

III. Firm Profile:

Provide a brief description of you firm's personnel education background and experience, number of staff, staff level (partner, manager, supervisor, etc.) and listing of clients serviced.

IV. Proposal Evaluation Criteria: The proposal will be evaluated on the basis of the following hardscaping criteria.

Responsiveness of the proposal in clearly stating understanding of the work to be performed.

- Hardscaping coverage
 - Remove and replace 725 LF of Chain Link Fence 5 FT high with 2 FT Concrete block Retaining wall, fence posts are 2.5 IN DIA 10.5 FT centers with 2.5 IN DIA contiguous top rails.
 - Remove and replace 800 LF of Chain Link Fencing, Fence is 6 FT high with 2 FT concrete block retaining wall, fence posts are 2.5 IN DIA on 10.5 FT centers with 2.5 IN DIA contiguous top rails.
 - Remove and replace Flag Pole, 1 each Flag Pole, 22.5 LF.
 - Replace 1 each Wooden Playground equipment with a rock wall, tube slide, regular slide and tower.

Project Notes: The fencing is perimeter fencing for the facility, not a stand-alone fence. The GPS per the SIR for the perimeter fence is: LAT: 15.1482050, LONG: 145.7031512.

- Overall estimates as well as the time estimates for each major section of the work to be performed.

- Qualifications and experience of the firm
 - Size and structure of the firm
 - Ability to maintain continuity of project
 - Experience of the firm
- Qualification and experience of staff to be assigned: education, position in the firm, number of years, and types of experience will be considered
 - Supervision to be exercised over the construction team
- Contractor will be responsible for acquiring all required permits such as but not limited to: Historic Preservation and Zoning Permits.

V. Hardscaping Administration Matters:

- Hardscaping Planning meetings, interim conferences and exit conference may be attended by the following officials
 - Karidat's Board of Directors, the Executive Director and the Administrative Officer, FEMA Representatives, CNMI Public Assistance Office Representatives.
- Karidat will issue the Contract Award on July 30, 2021.
- The hardscaping field work must be completed in 30 days of notice to proceed.

VI. Confidentiality of Hardscaping Proposals: All hardscaping proposals will be reviewed in a confidential manner. Proposals must be labeled "CONFIDENTIAL" and transmitted to the Executive Director, Karidat Social Services, P.O. Box 501058, Saipan, MP 96950. It may also be hand delivered to Karidat's Office located at the Sister Remedios Community Center, 3119 Chalan Kanoa Street, Chalan Kanoa Village, Saipan.

ARPA

From Page 1

vid DLG Atalig presented last June 5 as the government's spending plan for the ARPA money.

Under the ARPA funding, the administration will allocate \$467,102,567 for the CNMI; \$22,878,551 for Saipan; \$11,402,113 for Tinian; \$8,649,665 for Rota; and \$2,043,269 for the Northern Islands.

Palacios submitted the revised budget proposal last Thursday to Senate President Jude U. Hofschneider (R-Tinian) and House Speaker Edmund S. Villagomez (Ind-Saipan). Under the Planning and Budget Act, the governor is allowed to revise the April budget proposal within 90 days.

Palacios said the "revision" to Volume IV reflects the full allocation of ARPA.

He said Section 602 of ARPA allows the recipients facing budget shortfalls to use payments from the Fiscal Recovery Funds to avoid cuts to government services and enable the CNMI to continue to provide valuable services and ensure that fiscal austerity measures do not hamper the broader economic recovery.

Under Section 602 ARPA funding, government branches/departments/agencies, \$75 million is allocated in fiscal year 2021 and \$175 million for fiscal year 2022, for a total number of 4,219 personnel.

In her updated fiscal year 2022 general revenue estimates report submitted last Thursday to the special assistant for Office of Management and Budget, acting Finance secretary Bertha C. Torres said the ARPA funding allows the government to restore the budget to where it was in fiscal year 2019. Torres

said this has allowed the CNMI government to return to 80-hour work week and bring back furloughed employees.

She said the ARPA budget restoration will continue into fiscal year 2022.

She said the ARPA funds must be accounted for separately from the general fund.

Torres said due to the requirements of ARPA, the Department of Finance did not take into consideration this legislation for fiscal year 2022.

The revision in the budget request has also made changes from April 1 submission for Volume I (proposed budgetary resources from general fund) and for Volume II to add new grants received by the Commonwealth after April with an updated fund status as of May 31, 2021.

Palacios said no changes were made to Volume III for the various government corporations since their April 1 submission.

On changes to Volume I (general fund), Palacios pointed to the implementation of Executive Order 2021-009, transferring the Quarantine staff from the Department of Lands and Natural Resources, Division of Agriculture to the Department of Finance, Division of Customs CNMI-wide.

He also mentioned the reallocation of funds proposed for utilities from recipients and kept funding intact for their operations and activities, with the exception of the Judiciary and Legislature.

Palacios said the \$144,848,801 total identified budgetary resources were from \$55,361,345 in business gross revenue tax; \$29,989,019 in income taxes; \$35,407,705 in excise tax; \$10,903,872 in other taxes; \$9,897,991 in licenses and fees; \$1,975,794 in charges for services; and \$1,313,075 in other revenue.

The revision did not restore any proposed suspension of earmarks from Gov. Ralph DLG Torres' April 1 proposed budget submission as recommended by the House Concurrent Resolution 22-1, House Draft 1.

Palacios said the net resources available for general appropriation remains unchanged from their April 1 submission at \$98,897,301.

The budgetary gross adjustment reflects the inclusion of the allocation of \$39 million in annual obligations to the NMI Settlement Fund agreement, and \$6,951,500 for debt service payments for the 2017 series bonds.

The net resources available increased by 2.5% from the fiscal year 2021 budget, Public Law 21-35. The fiscal year 2021 budget was \$96,476,054 for appropriation for government activities, and \$4,556,165 from the Department of Public Lands, for a grand total of \$101,032,218. The administration attributed such increase largely to the reduction in pension payments.

Palacios said the budget allocation for personnel in the general fund remained at 80% except for elected officials of the CNMI, which are allocated 100%. He said the 20% for all other employees are allocated under the provisions of government in ARPA.

Palacios said that, as the CNMI goes through the cycle of reopening and adjusting the environment to safely reopen the Commonwealth, the next steps is crucial to economic recovery.

He said the shape of the CNMI's recovery will be defined by the success of the government's proposed travel bubble to welcome visitors back to the islands.

"Hence, visitor arrivals will gradually drive an increase in export of

goods and services," he said.

Palacios said current trends in imports, construction, business, and consumer spending are the driving factors in the economy offsetting the decline in tourism and the output of the casino industry.

He said the infusion of capital to stimulate the economy in response to COVID-19 across all states and territories increased the CNMI's local consumer spending but drove in-

flation upwards with the increase in supply and demand throughout the various sectors in consumer discretionary, consumer staples, industrials, technology, energy, and health.

"Tracking our government spending and watching for a return to normal levels is crucial to determine whether we remain in a crisis or whether our economy is headed in a slow steady growth towards recovery," Palacios said.

MOTORCADE

From Page 1

pass without these traditional July 4th celebrations.

Military organizations on Saipan, the Office of the Governor, the Saipan Mayor's Office, and the Department of Public Safety, teamed up with the Young Gunz and Matua Riders motorcycle clubs and the community for the motorcade, which saw over 100 vehicles sporting 4th of July-themed decorations. Some notable participants of the motorcade were Mayor David M. Apatang and Gov. Ralph DLG Torres and first lady Diann Torres.

The motorcade began from Garapan Fishing Base at 9am, with a route that went southbound down Beach Road, passing through Saipan's main roads, and circling back to the Fishing Base around two hours later.

In an interview before the motorcade began, Apatang praised the community and all those involved for making a July 4 parade-like event possible despite the short amount of time to prepare for it. "We don't have a parade this year, but we have an impromptu motorcade this morning. ...I just want to

tell our people here, our community, happy Liberation Day, and enjoy your day," said Apatang.

Also in an interview pre-motorcade, commander of the Veterans of Foreign Wars Post 3457 Joe W. McDoulett shared that the VFW played "just a small part" in making Sunday's motorcade possible, as it was a genuine collective effort to make an event of its scale possible on short notice. "[It's] a huge undertaking; it takes more than a few months to get all of that put together. ...The support that we're going to have today is pretty big, so we're excited about that," said McDoulett.

In a separate interview, Torres wished the CNMI a happy Liberation Day, and saw the day as a time to appreciate what independence means to the CNMI. In the midst of the COVID-19 pandemic, Torres also sees the day as an opportunity to celebrate with family and friends and "appreciate the little things in life." The Torreses participated in the motorcade, with their vehicle sporting multiple American flags.

Later in the evening, around 8pm, the Saipan Mayor's Office held a fireworks display at the Garapan Fishing Base.

TRIP

From Page 1

the testimony of Department of Finance's finance and accounting director Bernadita C. Palacios, who appeared on Friday before the House Judiciary and Governmental Operations Committee that is reviewing the Torreses' travels and expenditures.

Palacios testified with her counsel, Matthew Gregory. She said the Office of the Attorney General authorized the retention of counsel.

Rep. Christina E. Sablan (D-Saipan) showed Palacios a travel authorization for Torres and the first lady that occurred on or about Dec. 4 to 15, 2018 from Saipan to Washington D.C. and Hawaii, with stopovers in Japan, Chicago, San Francisco, and Guam.

Palacios said Lt. Gov. Arnold I. Palacios was the approving officer of that travel authorization and that it was Finance Secretary David DLG Atalig who certified the availability of funds.

Sablan noted that an initial travel authorization dated Nov. 27, 2018, stated that the Torreses were headed for Kona, Hawaii to attend the Western Governors Association meeting in 2018. Sablan noted that the initial airfare costs for both the governor and the first lady as listed on this

travel authorization was \$10,690 plus lodging and stipend. The travel authorization was then amended on March 8, 2019—three months later after the travel was completed—to change the routing and travel dates. Sablan said that, according to the amendment, the purpose of the travel was to attend memorial services for George Bush and meet with federal officials for Defense and Federal Emergency Management Agency in San Francisco and Hawaii, make opening remarks at a Westpac Conference and a meeting regarding the Pacific Century Fellowship Program.

Sablan said that, according to the amended TA of March 2019, it cost the government an additional \$11,984 in airfare alone, plus stipend, lodging, and car rental.

"The total cost to taxpayers was more than \$25,000 for that one trip alone by the governor and Mrs. Torres. Is that correct, Mrs. Palacios?" Sablan asked the witness.

Palacios said it was Atalig who certified the funds, but it was probably to entertain the governor's travel voucher that he amended his trip for a longer period.

Sablan said it appears from the amendment that it was to change the dates and to change even the routing altogether. "But the question was, this was additional airfare, correct? So al-

together that one trip would have cost more than \$25,000," Sablan said.

Palacios said it was indeed the amount of that trip. She said after Ralph DLG Torres filed the vouchers and attached all the itinerary and everything, it cost the government additional funds.

Palacios said that, based on the boarding passes and the airfare for the trip, the government paid for business and first class for the Western Governors Association meeting.

Palacios said she did not see any trip report submitted by the first couple.

Sablan said it means that people really don't know if they actually attended the meeting. Palacios agreed.

Palacios also explained the procedures when travel authorization are to be amended.

Palacios said all the governor's travel request and all amendments to travel authorization are just automatically approved. She said Finance has never denied any travel authorization for not only for the governor but also for other government employees.

"The only denial is if you don't have the funds," the director pointed out. "We don't lie if there's no money."

A longer version of this story is available at www.saipantribune.com

SABLAN

From Page 1

Advocate to be featured on its list of "Champions of Pride 2021 From the Territories."

Sablan and Casquero were joined on the Champions of Pride list by human rights activist Tuisina Ymania Brown of American Samoa, former Guam Supreme Court chief justice and Guam senator Benjamin "BJ" Cruz, Guam lieutenant governor Joshua F. Tenorio, and resort operators Ted Bedwell and Chris Richardson of the U.S. Virgin Islands.

Sablan, who described herself during her interview with *The Advocate* as a "proud 41-year-old Asian-Pacific-Islander transgender woman," took initiative when she saw that the CNMI was low-ranking in regards to protections for its LGBTQIA+ residents. As such, she brought the need for anti-discrimination and hate crime laws to the attention of the CNMI Legislature. Additionally, Sablan is the founder of T-Project CNMI, a trans-led nonprofit organization dedicated to promoting and creating safe spaces for the CNMI's LGBTQ+ community.

Casquero, who is described by *The Advocate* as a "50-year-old gay femme Filipina," was responsible for the first organized Pride event in the CNMI in 2018, hosting a celebration at the GIG Discotheque and Bossano

Bar in Garapan. Furthermore, Casquero has organized many LGBTQIA+ beauty pageants in the CNMI and, as a member of the Saipan Unity Lions Club, has regularly given back to the community and those in need. "As a person who grew up being not rich, I've learned to share what I have with other people," said Casquero in her interview with *The Advocate*.

She later told *Saipan Tribune* that being chosen by the magazine is an honor and a great privilege. Notably, she said no one nominated her or Sablan for the recognition, and that it was *The Advocate* that reached out to her and told her that they are being considered for the honor.

The Advocate's other picks from the U.S. territories describes Tenorio as the first openly-gay lieutenant governor in the nation; Brown as a trans woman who was a corporate lawyer turned full-time human rights activist; and Bedwell and Richardson as operators of Sand Castle on the Beach Resort on the island of St. Croix, regarded as one of the most LGBTQIA+-friendly resorts on the island.

The Advocate is an American, bi-monthly, LGBTQIA+-interest magazine that describes itself as "the world's leading source of LGBT news and information." Currently, it has a readership of approximately 200,000.

The article on its picks for "Champions of Pride 2021 From the Territories" Can be found at advocate.com.

CNMI DEPARTMENT OF LABOR

LAST CALL to apply for *LOST WAGES ASSISTANCE*

The Lost Wages Assistance Program, or LWA, funded by the Federal Emergency Management Agency (FEMA), provides supplemental lost wages payments for the weeks of unemployment ending **August 1st**, **August 8th**, and **August 15, 2020** to eligible individuals.

Did you qualify to receive at least \$100 in unemployment compensation from the Pandemic Unemployment Assistance (PUA) Program for the week ending August 1, August 8, and/or August 15, 2020?

If so, you are eligible for LWA!

Payments of \$300 per week for all qualified individuals were made to over 6,300 individuals in the CNMI since April 2021.

If you qualify and have not received your payment, please contact us!

DEADLINE TO MAKE A CLAIM:

July 20, 2021



Send your name and contact number to
lwa@pa.gov.mp



Or call us Mon through Fri 7:30am - 4:30pm at
(670) 323-8800 or (670) 323-8801



FEMA

9 new citizens naturalized in time for Independence Day

By **KIMBERLY B. ESMORES**
kimberly_esmores@saipantribune.com
REPORTER

The U.S. District Court for the NMI welcomed nine new citizens in a naturalization ceremony last Thursday that came just in time for them to join the Independence Day celebration yesterday, July 4.

U.S. District Court for the NMI Magistrate Judge Heather Kennedy led nine former Philippine nationals in taking their oaths, where they swore, allegiance to the United States of America.

The newly naturalized citizens were Dawn Tadena Camacho, Melba Velarde Camacho, Jolie Lingcogo Bertoncini, Maria Cristina Pananiban Lustre, Analyn Clapis Phan, Jerome Sanareza Polisco, Ramon De Asis Rivera, Kevin Digma Rejano, and Manolito

Maranon Valenzuela.

Guest speaker Joe McDoulett, commander for the Veterans of Foreign Wars Post 3457, said in his speech that it was a momentous occasion to witness nine new citizens swear their allegiance to America in time to join in the celebration of its independence and freedom.

"This is not my country anymore, it's our country. Together, we own this country, and together, we share the obligations to our country. You now join me and all the other U.S. citizens in the enjoyment of the freedoms that we have. However, you also join us in our obligation to protect our country. I'm confident that you will live up to the words you spoke and you will join me in protecting our country and at the same time enjoying

the freedom and rights that we enjoy," he said.

According to Kennedy, although Independence Day is a day when Americans display their flags to show their pride in their country, Independence Day is really intended to commemorate the many freedoms that the United States is best known for, freedoms that the nine newly naturalized now share.

"The United States is famous for its freedoms such as religion, freedom of association, freedom of speech. I think people who become citizens understand those rights and digest them even more so than those who were born into them and they appreciate them," she said.

Kennedy encouraged the naturalized citizens to recognize and practice their new-

found freedoms.

"As you end your journey here today...recognize that you have personal freedoms, and honor the ideas of justice. I think personal freedoms and justice are the two defining principles of our US government," she said.

U.S. Citizenship and Immigration Services is welcoming more than 9,400 new citizens in 170 naturalization ceremonies that will take place between June 30 and July 7 this year.

USCIS said in a statement that these ceremonies demonstrate the United States' commitment to welcoming immigrants. USCIS is proud to welcome people from all over the world as our newest U.S. citizens during this celebration of Independence Day.

"This year marks the 245th

birthday of our nation," said acting USCIS director Tracy Renaud. "We are committed to promoting policies and procedures that ensure we operate fairly and efficiently, and continue to encourage and embrace the full participation of the newest Americans in our democracy."

This year's Day activities included two special cer-

emonies: a naturalization ceremony with President Joe Biden at the White House last July 2 and a ceremony with Homeland Security Secretary Alejandro N. Mayorkas administering the oath of allegiance virtually to 22 military service members serving overseas, which took place last June 30.

Guma Hustisia is back in business

With the completion of construction projects at the Guma Hustisia, most NMI Judiciary divisions will be back at the Guma Hustisia and will be resuming regular business hours effective tomorrow, July 6, 2021.

In a public notice the NMI Judiciary issued Friday, hearings set for the three courtrooms on the second floor of the Guma Hustisia will resume, while the offices that are opening on the first floor are the Office of the Clerk of the Supreme Court, Office of the Clerk of the Superior Court, Family Court Division, Drug Court Division, Commonwealth Recorder's Office, Budget and Finance Office (including the Cashier), Grants Management Office, Office of Procurement, and Marshals Service Division.

The public notice said that scheduled in-person appearances must follow all public health measures as stated in COVID-19 Order No. 13 of the CNMI Supreme Court. Entry will be monitored and denied, as necessary, by the Marshals Service Division and other designated personnel.

Except for holidays and weekends, Judiciary business hours are as follows:

■ **Office of the Clerk of Court (Supreme Court):** 8am to 3pm

■ **Office of the Clerk of Court (Superior Court):** 7:30am to 4:30pm

■ **Family Court Division:** 8am to 5pm

■ **Drug Court Division:** 8am to 5pm

■ **Commonwealth Recorder's Office:** 8am to 12 noon (Appointments only from 1pm to 5pm)

■ **Cashier's Station and Budget and Finance Office:** 8am to 12 noon and 1pm to 3pm (A number assignment system for the service line is used during business hours at this site)

■ **Office of Procurement:** 8am to 12 noon and 1pm to 5pm

■ **Grants Management Office:** 8am to 12 noon and 1pm to 5pm

■ **Marshals Service Division:** 8am to 5pm

Visit the Judiciary's website at www.nmijudiciary.com for court information and www.cnmilaw.org to review the latest COVID-19 order. (PR)



Nine new U.S. citizens were naturalized last Thursday at the U.S. Courthouse, just in time for the celebration of Independence Day on July 4, 2021.

KIMBERLY B. ESMORES

Commonwealth of the Northern Mariana Islands
HEALTH CARE PROFESSIONS LICENSING BOARD
P.O. Box 502078, Bldg., 1242 Pohnpei Court
Capitol Hill, Saipan, MP 96950
Tel No: (670) 664-4809 Fax: (670) 664-4814
Email: cnmi@cnmibpl-hcplb.net
Website: cnmibpl-hcplb.net

Pursuant to P.L. 8-41, Section 11, Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios, through the Health Care Professions Licensing Board (HCPLB) are hereby giving notice that it will hold its regular monthly board meeting on **Wednesday, July 7, 2021 at 8am** on Saipan. The meeting will be held at the Administration Building, Governor's Conference Room on Capitol Hill.

AGENDA

- I. Meeting Call to Order
- II. Determination of Quorum
- III. Review and Adoption of Agenda
- IV. Review and Adoption of Minutes (05/19/2021)
- V. Public Comments
- VI. Chairperson's Report
- VII. Director's Report
 - Update on the 4 proposed regulations (public comments)
 - Update on the amendment to P.L. 15-105 – Removal of Limited Terms for HCPLB
- VIII. Investigator's Report
- IX. Communications from the Governor's Office & Legislature
 - A. Governor's Office
 - B. Legislature
- X. Old Business
 - P. Biukoto
- XI. New Business
- XII. Pending Applications for Board's Review
 - A. New Application
 - Dr. E. Chang – Physician
 - Dr. S. Shushunov – Physician
 - B. Renewal Applications
- XIII. Miscellaneous Business
- XIV. Executive Session: The Board may vote to meet in executive session to consult with Counsel on pending or anticipated legal matters.
- XV. Announcements
 - A. Next Meeting Date
 - B. Adjournment of Meeting

Commonwealth of the Northern Mariana Islands
CNMI DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

INVITATION TO BID
ITB NO.: ITB21-BECQ/DEQ-115

SUBMISSION DATE: AUGUST 03, 2021 TIME: 09:00 A.M.

"PURCHASE OF TWO (2) CLASS "F" PICK-UP TRUCK 4X4- 4 DOOR, REGULAR BED FOR THE BUREAU OF ENVIRONMENTAL & COASTAL QUALITY, DIVISION OF ENVIRONMENT QUALITY"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT SERVICES, LOCATED AT THE GOLD BEACH HOTEL, BUILDING NO. 103-105, CORNER PUPULU AND BEACH ROAD, BEACH ROAD GARAPAN, SAIPAN, DURING REGULAR WORKING HOURS.

****FOR YOUR SAFETY & OURS: ALL INTERESTED INDIVIDUALS ARE REQUIRED TO USE A FACE MASK & ARE REQUIRED TO REGISTER UPON ENTRY****

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/S/ ELI CABRERA
ADMINISTRATOR, BECQ/DEQ

/S/ FRANCISCO C. AGUON
ACTING DIRECTOR, P.S.

Commonwealth of the Northern Mariana Islands
NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp • Website: <http://www.nmhc.gov.net>

PUBLIC NOTICE OF OFFICE CLOSURE

This is to inform the general public that the Northern Marianas Housing Corporation's Central Office in Garapan and the CDBG-DR Office located on the 3rd Floor of the Ladera Building, Beach Road, Chalan Laulau, will be closed on **Friday, July 9, 2021 from 11:30 AM to 4:30 PM** for an agency-wide Professional Development. Normal business hours will resume on Monday, July 12, 2021 at 7:30 AM.

The **NMHC Tinian Field Office** will be closed on **Friday, July 9, 2021 at 7:30 AM to 4:30 PM**. Normal business hours will resume on Monday, July 12, 2021 at 7:30 AM.

The **NMHC Rota Field Office** will be closed on **Thursday, July 8, 2021 at 7:30 AM to Friday, July 9, 2021 at 4:30 PM**. Normal Business hours will resume on Monday, July 12, 2021 at 7:30 AM.

We thank you for your understanding and apologize for any inconvenience this may cause.

/S/ Jesse S. Palacios
Corporate Director

/S/ Marcie Tomokane
Chairwoman
NMHC Board of Directors

Mental health court opens

The CNMI Supreme Court established a Mental Health Court Docket on July 3, 2021, and adopted the Northern Mariana Islands Mental Health Court Policies and Procedures governing the court docket set to take effect by mid-July.

The Mental Health Court Docket is a specialty court docket that brings together criminal justice agencies and mental health professionals to identify and treat participants with underlying mental health issues. The MHC docket is created within the existing structure of the Superior Court's general docket. It is a voluntary program and utilizes a non-adversarial model to provide participants with treatment, rehabilitation, medication management, criminal justice services, and social support services. The program also assists eligible veterans and service members to access mental health

treatment in lieu of incarceration. The program shifts the traditional criminal court's focus from criminal processing to therapeutic healing.

The NMI Judiciary MHC Docket Policies and Procedures describe entrance requirements and protocols for successful program completion, defines the roles of the collaborative MHC team members, and provides guidance for proper case flow management and adherence to national best practices standards.

"We have been planning the MHC Docket for a number of years but funding constraints have hampered our efforts," said Chief Justice Alexandro C. Castro. "The Judiciary is hopeful that with the assistance of our partners, CHCC, the Attorney General's Office, the Public Defender's Office and all the treatment providers, we will have another successful treatment program."

"And, as mentioned previously, the Supreme Court will be closely monitoring this new court docket to make sure it serves the needs of our islands," Castro added.

Presiding Judge Roberto C. Naraja will spearhead the MHC together with a team composed of representatives of the Office of the Attorney General, Office of the Public Defender, and Department of Public Safety, Department of Corrections, and other treatment providers.

The MHC docket supplements Drug Court, the first treatment court, established in 2015. Drug Court Judge Teresa Kim-Tenorio and Drug Court manager Edward P. Diaz assisted in setting the groundwork for MHC Docket.

The Supreme Court Order and NMI Judiciary MHC Docket Policies and Procedures will soon be available on the Judiciary's website, nmijudiciary.com. **(PR)**



Government of the Commonwealth of the Northern Mariana Islands

NORTHERN MARIANAS HOUSING CORPORATION

Saipan, MP 96950 • Tel: (670) 234-9447/6866

PUBLIC NOTICE

This Notice is paid by NMHC with HUD funds.

NOTICE OF FINDING OF NO SIGNIFICANT IMPACT AND NOTICE OF INTENT TO REQUEST A RELEASE OF FUNDS 06/22/2021

Government of the Commonwealth of the Northern Mariana Islands

Northern Marianas Housing Corporation

Saipan, MP 96950 | Tel: (670) 234-9447/6866

This notice shall satisfy the above-cited two separate but related procedural notification requirements.

REQUEST FOR RELEASE OF FUNDS

On or after July 08, 2021, the Government of the Commonwealth of the Northern Mariana Islands will submit a request to the U.S. Department of Housing and Urban Development, Washington D.C., for the release of Community Development Block Grant Disaster Recovery (CDBG-DR) Supplemental Appropriations for Disaster Relief Act, 2019 P.L. 116-20, enacted on January 27, 2020, announced via Federal Register Notice, to undertake the following activity and purposes in Saipan, Commonwealth of the Northern Mariana Islands:

Project/Activity Type	Purpose	Location	Total Project Cost
Isa Villas II MultiFamily/Apartment Project -Low Income Housing Tax Credit (LIHTC) Gap Financing through the CDBG-DR Housing Program The project consists of new construction of 56 housing units in three separate buildings that are part of the NMHC's LIHTC program. This is the second phase of a two-phase project. Phase 1 was completed in early 2021. The project has a gap funding shortfall of \$6.3 million that is needs to fulfill/committed prior to closing with the equity investor and construction lender.	Affordable Rental Housing	Capitol Hill, Saipan	\$34,669,081.00 CNMI plans to use approximately \$6,300,000.00 from the CDBG-DR Housing Program for Gap Financing. Other funding Sources: Tax Credit Equity: \$27,144,434.00;-Refundable Fees: \$50,250.00;-Deferred Development Fees: \$1,174,397.00

FINDING OF NO SIGNIFICANT IMPACT

The Government of the Commonwealth of the Northern Mariana Islands has determined that the above-listed projects will have no significant impact on the human environment. Therefore, an Environmental Impact Statement under the National Environmental Policy Act of 1969 (NEPA) is not required. Additional project information is contained in the Environmental Review Record (ERR) and is ready for public viewing on the Northern Marianas Housing Corporation (NMHC) website at www.nmhcgov.net or www.cnmi-cdbgdr.com; or you may visit the on file at the NMHC Central Office in Garapan, Saipan or NMHC CDBG-DR Office in Beach Road Chalan Laulau, Saipan, examined during regular work hours, Monday through Friday except CNMI Holidays, from 7:30 A.M. to 4:30 P.M.

PUBLIC COMMENTS

Any individual, group or agency disagreeing with this determination or wishing to comment on the project may submit written comments to the Northern Marianas Housing Corporation. You may submit comments from the following options: Via mail to P.O. Box 500514, Saipan, MP 96950; Direct delivery to the central office in Garapan, Saipan or drop-box located in front of the building; and Via email at officemanager@nmhcgov.net. All comments received by **July 07, 2021, 4:30 p.m.**, will be considered by the Government of the Commonwealth of the Northern Mariana Islands prior to authorizing submission of a request for release of funds. Commentors should specify which part of this Notice they are addressing.

RELEASE OF FUNDS

The Government of the Commonwealth of the Northern Mariana Islands certifies to the U. S. Department of Housing and Urban Development (HUD), Washington D.C. that the Government of the Commonwealth of the Northern Mariana Islands and Governor Ralph DLG. Torres consent to accept the jurisdiction of the Federal Courts if an action is brought to enforce responsibilities in relation to the environmental review process, and that these responsibilities have been satisfied. The U. S. Department of Housing and Urban Development (HUD), Washington D.C. acceptance of the certification satisfies its responsibilities under the National Environmental Policy Act of 1969 and related laws and authorities, and allows the Government of the Northern Mariana Islands to use Program Funds.

OBJECTION TO RELEASE OF FUNDS

The U. S. Department of Housing and Urban Development (HUD) Washington D.C. will accept objections to its release of funds and the Government of the Northern Mariana Islands certification for a period of **fifteen days** following anticipated submission date or its actual receipt of the request (whichever is later) only if it is on one of the following bases: (a) the certification was not executed by the Certifying Officer of the Government of the Northern Mariana Islands; (b) the Government of the Northern Mariana Islands has omitted a step or failed to make a decision or finding required by the U. S. Department of Housing and Urban Development regulations at 24 CFR Part 58; (c) the grant recipient has incurred cost not authorized by 24 CFR Part 58 before approval of the release of funds by the U. S. Department of Housing and Urban Development; or (d) another Federal agency acting pursuant to 40 CFR Part 1504 has submitted a written finding that the project is unsatisfactory from the standpoint of environmental quality. Objections must be prepared and submitted in accordance with the required procedures of 24 CFR Part 58 and shall be addressed to Ms. Tennille Smith Parker, DRSI Division Director, HUD, via email at Tennille.S.Parker@hud.gov ; Tel: (202)402-4649. Potential objectors should contact the U.S. Department of Housing and Urban Development to verify the actual last day of the objection period.

/s/ Ralph DLG Torres
Governor, CNMI

EMPLOYEES OF THE QUARTER

Jalen Ibrao (Main Store) and Paola May Tindoc (Garapan Branch) are McDonald's Saipan's Employees of the Quarter based on their ability to demonstrate behavior that deliver a great experience for customers and their fellow employees, like always looking for ways to make the experience special for every McDonald's customer; working with the team to deliver high standards; and having energy and enthusiasm.

CONTRIBUTED PHOTO



REQUEST FOR PROPOSAL MVA-RFP-21-2031

For: Marianas Visitors Authority Desk Audit

Submission /Closing Date: July 12, 2021
Time: 11:00AM (ChST)

Submit sealed proposals to: Marianas Visitors Authority
Attn: Procurement Office
San Jose Professional Building
Beach Rd., San Jose
P.O. Box 500861
Saipan, MP 96950

Interested parties may pick up the Scope of Work on or after **June 04, 2021** at the **Marianas Visitors Authority Office, San Jose Professional Building, Beach Road, San Jose, Saipan**, from 8:00 a.m. to 5:00 p.m., Monday through Friday, except holidays.

/s/ Ellsabeth Viola Alepuyo
Chairperson, MVA Board of Directors

/s/ Priscilla M. Iakopo
Managing Director, MVA

ROBERT TENORIO TORRES
ATTORNEY AT LAW
Plata Drive Whispering Palms (Chalan Kiya)
P.O. Box 503758, Saipan, MP 96950
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Attorney for Petitioner Franco T. Masga

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

IN THE MATTER } Civil Action
OF THE ESTATE OF } No. 21-0199
RAY ANTHONY }
SABLAN MASGA } NOTICE OF
HEARING AND
NOTICE TO CREDITORS

Decedent/Testator. DATE: JULY 29, 2021
TIME: 10:00 A.M.
JUDGE: JOSEPH N. CAMACHO

TO: THE GENERAL PUBLIC, ANY HIRED, CLAIMANTS, OR CREDITORS OF THE LATE RAY ANTHONY SABLAN MASGA OR HER ESTATE:

NOTICE IS HEREBY GIVEN that **FRANCO T. MASGA** has petitioned the Superior Court of Northern Mariana Islands to issue Letters of Administration for the **Estate of Ray Anthony Sablan Masga**, the deceased. The attorney for Petitioner is **Robert T. Torres**, Attorney at Law, whose address is Plata Drive, Whispering Palms (Chalan Kiya) P.O. Box 503758, Saipan, MP 96950.

The hearing on the Petition is scheduled to be heard on the date at the time set forth above at the Superior Court of the Commonwealth of the Northern Mariana Islands. All interested persons and entities should appear at the hearing.

Any and all persons, creditors, or entities having claims against the deceased or her Estate are hereby required by the law to file their claims with the Clerk of Court within sixty (60) days of this publication or claim(s) will be barred. A copy of your claims should also be sent to **ROBERT T. TORRES**, Attorney at Law, at the address herein-above indicated.

Respectfully submitted this 25th day of June 2021.

/s/ _____
CLERK OF COURT/SEPUTY CLERK

PUBLIC NOTICE



This is to inform the public that Marlyn P. Pascual is no longer connected with FM Corporation dba FM Manpower effective July 2nd, 2021.

Any transaction made or entered by her after the above-mentioned date will no longer be honored by the company.

For any questions or concerns,
please call our office at Tel.234-4000.

Opinion

Hafa Adahi

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER
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MEMBER

AP The Associated Press

Pacific Islands News Association

EDITORIAL

Bipartisanship to the rescue

President Joe Biden remembers when Congress worked differently. He's not alone. And now, thanks to some old-fashioned political bargaining, the nation stands to benefit with a long-needed federal infrastructure plan.

Getting to this point was far from a sure thing. The president held off months' of calls from his own party to give up his bipartisan pipe dream and ram through a deal with Democrats alone. Likewise, Republicans who sought to find common ground on the issue faced the potential wrath of partisans opposed to doing any deal with the Biden administration.

This, of course, is how the legislative process is designed to work. A little give, a little take. Some good-faith bargaining. All with an eye toward actually solving a problem for the constituents.

Not surprisingly, Sen. Rob Portman was front and center in this group. The two-term Republican from Ohio who will retire at the end of this year has long worked effectively on bipartisan problem solving, even as the din of partisan rancor and silly showmanship has distracted the nation's attention.

His is the style that used to dominate the House and the Senate, of course. American government is meant to function by compromise with lawmakers looking for partners across the aisle to hammer out deals. At least that was how it used to work before cooperating with anyone from the other party to accomplish anything became poison in Washington.

For at least four years, the need for a federal infrastructure bill has seemed like an obvious, logical place to begin rebuilding a bipartisan way of doing business. With every deteriorating bridge that had to be closed down, every study on the dangers of ancient lead-lined water pipes, and every failing dam, it seemed that it should have been a cinch to sell a large-scale federal reinvestment in the nation's infrastructure regardless of whether that long-neglected infrastructure was in a blue state or a red state.

And yet, after Biden pitched his massive initial \$2 trillion plan, the prospect of working out a bipartisan compromise on the issue looked dim. He looked for partners among Republican senators and fended off complaints from those in his own party that doing so was nothing but a waste of time.

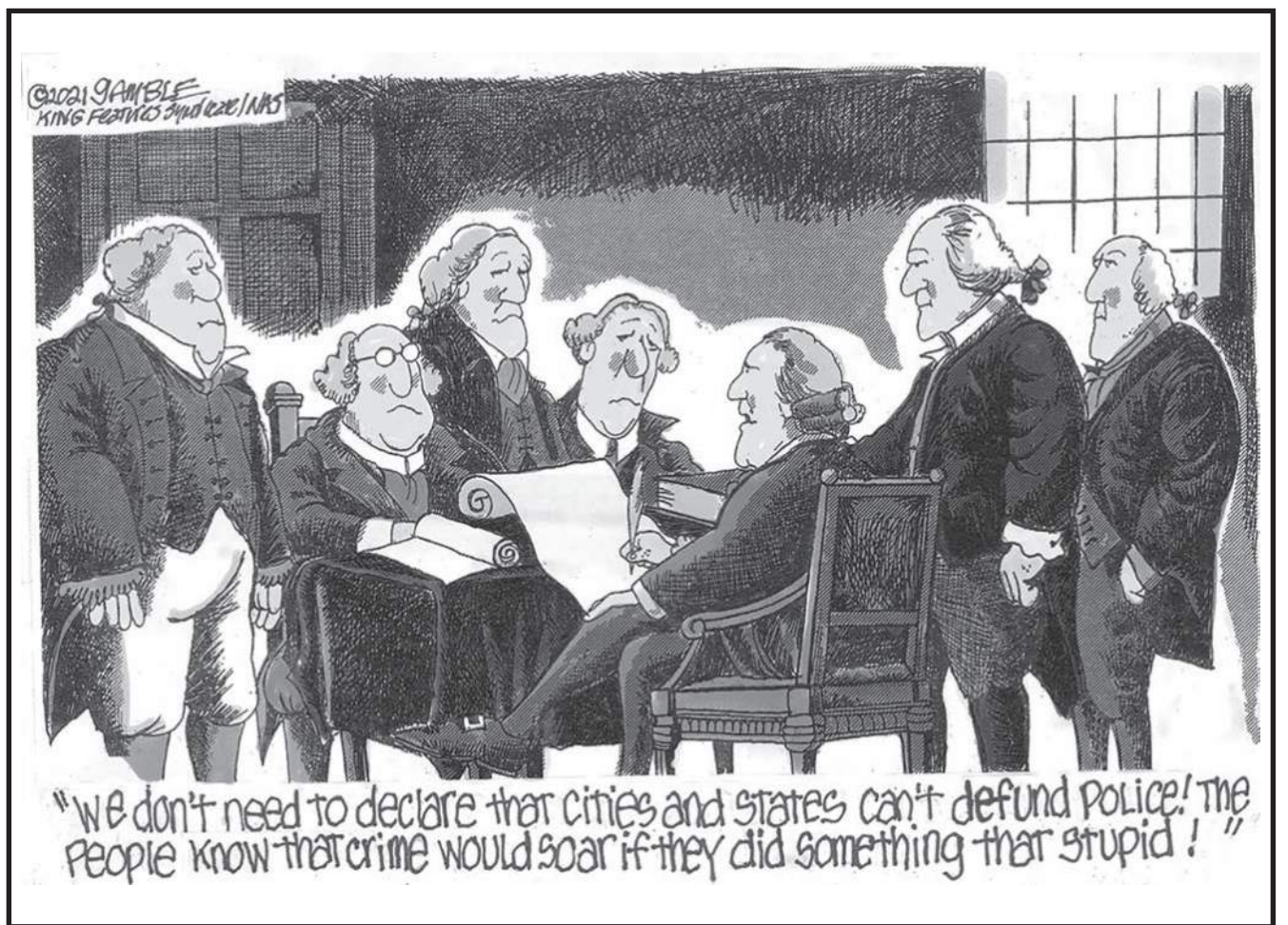
Into that frustrating chasm stepped an eight-senator group including Portman, Kyrsten Sinema (D-Arizona), Bill Cassidy (R-Louisiana), Jeanne Shaheen (D-N.H.), Susan Collins (R-Maine), Joe Manchin (D-W.Va.), Lisa Murkowski (R-Alaska), Jon Tester (D-Mont.), Mitt Romney (R-Utah), and Mark Warner (D-Virginia).

The deal they worked out with the White House—\$973 billion over five years or \$1.2 trillion over eight years—looks like a refreshing throwback to a more constructive era.

The proposal calls for spending \$109 billion on roads and highways, \$15 billion on electric vehicle infrastructure and transit systems and \$65 billion toward broadband, among other expenditures on airports, drinking water systems and resiliency efforts to tackle climate change.

The deal is far from sealed, of course. The progressive wing of the Democratic Party decries it as not ambitious enough while Republicans have threatened to balk if the deal is tied

See RESCUE on Next Page



The US in Afghanistan: It was always going to end this way

The security situation in Afghanistan is deteriorating, prompting many to second-guess President Joe Biden's decision to withdraw U.S. troops by Sept. 11. This is an understandable emotional reaction, but it isn't supported by facts. More time won't change the outcome. If U.S. troops left Afghanistan five years ago or five years from now, it was always going to end this way.

Since the final withdrawal began, the Taliban has advanced rapidly, already taking control of roughly one-third of the country. While some Afghan military units are losing in battle, many of the units the U.S. military trained and supplied for years are surrendering without a fight, leaving valuable military hardware paid for by U.S. taxpayers in Taliban hands. U.S. intelligence analysts are now saying the Afghan government could collapse within six months of the withdrawal.

To use this as a reason for U.S. troops to stay would be like claiming the fall of Saigon as evidence that America should not have ended its campaign in Vietnam. U.S. troops could have maintained a violent status quo there too, but they couldn't have changed the outcome—not with two more years or 20.

The inevitability of the outcome does not make it any less tragic, but the tragedy does not make the decision to withdraw wrong. Instead, the rapid decline is proof positive that we were not on track to establish a stable government in the country, nor were our efforts to train the Afghan military putting it on a path to self-sufficiency. As Biden has said, this was not a winnable war.

Twenty years has proved that, while the U.S. military can prop up a government and keep an enemy at bay, nothing it can do will create an effective and sustainable Afghan government or military. The threat environment has also changed dramatically in 20 years, and Afghanistan today is nowhere close to the top of the list. Staying now could only be justified if we had decided that permanently propping up a weak and corrupt Afghan government is in America's national interest. It is not.

The costs of two decades of war in Afghanistan have been substantial and widely reported. The war-fighting costs alone come in at over \$800 billion, but that is a fraction of the total costs borne by the American people, and the opportunity cost for what we might have invested in at home instead.

If you add in all U.S. government spending on the war, including care for veterans who served there and interest paid on money we've borrowed to support it, it has cost the American people over \$2 trillion. Imagine if that amount had instead been invested in infrastructure, education or health care here at home. Certainly, the American people would have more to show for it.

By **ELIZABETH SHACKELFORD**
Chicago Tribune

Elizabeth Shackelford is a senior fellow on U.S. foreign policy with the Chicago Council on Global Affairs. She was previously a U.S. diplomat and is author of *The Dissent Channel: American Diplomacy in a Dishonest Age*.



We also can't ignore the direct harm caused by this tremendous investment in Afghanistan. Over two decades, the United States flooded Afghanistan with money and failed to account for its use or abuse. The U.S. government repeatedly turned a blind eye to growing corruption, which ultimately undermined the entire nation building project. U.S. military engagement itself became part of the problem.

The toll in lives lost is even harder to face. It includes 2,442 U.S. troops, 1,144 coalition troops and an estimated 3,800 U.S. contractors, in addition to nearly 50,000 Afghan civilians, 72 journalists and 444 aid workers. Continuing our military campaign in Afghanistan would undoubtedly increase all these numbers, but we have no reason to believe it would change the end game.

The Afghan people are facing an uncertain future, but whether it will be more violent isn't even clear. Two decades of war have brought mass civilian casualties including from airstrikes by U.S. and coalition forces. Fighting could drop if one actor takes dominant control.

Instead of asking whether our military should remain in Afghanistan, we should ask what we need to do to advance our limited interests there now. This includes using intelligence resources and working with partners to ensure that what emerges doesn't develop into a direct threat to the United States. We can continue to use diplomacy and development assistance as leverage to try to sway better outcomes, but we should recognize and accept the limitations of this approach in the near term, and of our national security interest at stake.

We should also be taking stock of lessons learned. In the absence of success, the best way to honor those who lost their lives in this conflict is to not make the same mistakes again. No matter how many troops we send, how much firepower we use, or how long we stay, the United States alone cannot will a new and effective government into being in a foreign country. We should have learned this lesson already. Let's hope we don't have to again.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Liberation Day message

For 75 years, our islands have endured remarkable challenges and transformative changes. From our people leaving the gates of Camp Susupe to reclaim our land to our Commonwealth in political union with the United States, our story of resiliency has become legendary in our Pacific region.

This weekend, we remember those who paid the ultimate sacrifice and devoted their lives to the protection of our freedoms. We remember our veterans, including those who defended the Marianas in World War II. We honor our brothers, our sisters, our sons, and our daughters in uniform who continue to defend the CNMI and the United States.

This Liberation Day, we remind ourselves why we are “Marianas Strong” and remember our resiliency as a people

LETTER TO THE EDITOR

How is this business-friendly?

Dear elected officials:

I recently submitted my annual report to the Department of Commerce for assessment. I was told there would be late fees. Considering I haven't had any business, I assumed they would be reasonable. In the past, the annual report was \$25, then \$50 and now \$100. It hasn't or won't fix the government shortfalls. The infuriating thing is the late fee is \$150 with a daily penalty of \$10 a day. No problem, right? After CPR was performed and I collected myself, I when to the Legislature and started talking.

My late fee and penalty is \$570. Wow. During the time of no income. That sounds fair, right? I will close the business since I don't have any. What will others do? How about those who left the island to wait out the return of business. What will they do? Come back and pay \$3,650 per year just in the daily penalty?

How is that positive for a friendly business environment? Gone are the days when big investors build our infrastructure for the privilege of doing business here. We have to invite and incentivize business. Competing for business development is based on many factors. Those who want to have business here have personal reasons. We have many limitations.

Business is hard enough as it is on the island. We have limited demographics and workforce, with the added terrible shipping fees, among a few factors.

The government should be working as partner in helping business, not be the enemy and drive business away. What do you think consequences will be? Why isn't the effort about fostering business growth so businesses will grow the economy and will add to revenue? Your efforts should be in cutting costs as much as possible.

I was told the bill created in December the Chamber opposed the bill and any public comments or any opposition were disregarded.

I had a customer who priced leasing her building based on what she wanted to give her children. Is that how it is determined? Is that reasonable. What is a reasonable amount. I think \$75-\$100 for the late fee.

Please work with businesses and call me if you would like to talk.

Del Benson
Capital Hill, Saipan

RESCUE

From Page 8

to a larger American Families Plan.

But the good news is that elected leaders seem to have had a wake-up call that reminded them how work should get done in Washington. The fringe elements of both parties need to see this for what it is—a win for everyone and potentially a foundation upon which to rebuild a functioning two-party governance that works.

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even in the face of adversity. This past year was filled with many challenges, yet we remain one of the safest places in the world from COVID-19 because of our community.

Liberation Day is a celebration of our progress together as an island community. “Marianas Strong” is the resilient spirit of our people and a reminder that we will recover and emerge stronger as a community through these difficult times. We sincerely thank you for your patience. You can rest assured that we are working harder more than ever for everyone who calls these islands. Let us enjoy this weekend safely and in the spirit of *inafa' maolek and tipiyeeew. Un familia yan un guinaiya.*

The Navy and submarines

The Mariana Islands, our collective home, is in an area of the Western Pacific that holds immense symbolic and geopolitical importance to some of the world's most powerful countries. The Marianas chain is west of the International Dateline, north of the equator with Guam containing major sources of freshwater, plateaus used by the Air Force for ongoing flight operations, and the region's largest natural harbor used by the Navy at Sumay village.

Chinese submarines

The Chinese Navy has been improving and updating its total inventory of warfighting resources for the purposes of not only becoming the strongest Navy in its near seas' region, but also to directly challenge and effectively overcome countermeasures undertaken in part by the American military based out of the Marianas.

The significance of China's rise militarily is that it intends to surpass American armed forces sea power, and to defeat and neutralize any operational response that the U.S. Navy might deliver should China seek to attack Taiwan. China currently has more submarines in operation in our region than the United States and, as current trends develop, the Chinese military wants to be able to use torpedoes, mines, and other undersea weapons to sink American submarines and surface ships.

Unlike the United States, most of China's submarines are not powered by nuclear reactors, yet China remains on course to further modernize and replace aging submarines while improving existing capabilities with its limited number of nuclear-powered submarines that carry long range missiles containing nuclear warheads.

The result is that the United States must continue to remain prepared to respond to a host of contingencies in the nearby undersea space. America, like China, is also engaged in a massive submarine construction and modernization program.

Russian submarines

Russia has nuclear-powered submarines able to fire medium and long-range missiles carrying nuclear warheads and operates an inventory of diesel electric-powered attack submarines.

The Russian government continues to express and assign high priority toward ensuring that its inventory of submarines provides an effective nuclear weapons deterrent, as a defensive versus offensive capability.

Russia has its own Pacific Fleet that falls under what is referred to as the Eastern Russian Federation Military District. The Russian Navy is responsible worldwide for up to 1,000 nuclear weapons identified for nonstrategic use. It is not known with precision how many of these weapons exist and how many are specifically assigned to the Pacific Fleet. Because Russia views the Pacific with growing importance, we should expect to see Russia continuing to beef up its nonstrategic nuclear weapons' operational capabilities in the Blue Ocean continent over the next several years.

How Guam and the Northern Mariana Islands generally interface with submarine warfare

The move to increase the total number of fast attack submarines homeported at Sumay reflects the broader effort undertaken by the American Navy to forward station and test additional key assets as well as place the best and most highly trained operational personnel in the Pacific Ocean area.

The intent of these actions is to deter China from permanently

By RALPH DLG TORRES and ARNOLD I. PALACIOS
Special to the Saipan Tribune



Ralph DLG Torres is governor of the Commonwealth of the Northern Mariana Islands. Arnold I. Palacios is lieutenant governor.

RICK'S COLUMN

By RICK PEREZ
Special to the Saipan Tribune



Rick Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics and runs a newsletter called Guam Affairs at guamaffairs.substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

accessing and establishing a large military presence in the Western Pacific region.

For better and for worse, our island chain also remains a central and key location used by the United States military for testing different ways to constitute, employ, and deploy existing military forces and weapons. Submarines remain the essential contributing assets that help fulfill undersea military responsibilities.

One way that our Chamorro Pacific Islander civilization can think about this onslaught of American militarization in Guam and the Northern Marianas and the use of U.S. submarines is that these deadly weapons of war are used to project force in a variety of ways that include patrolling the deep and shallow undersea areas, supporting special operations missions, and maintaining the ability to launch missiles carrying nuclear warheads while remaining largely undetected.

Submarines homeported in Guam also engage in a variety of surveillance and reconnaissance mission sets that are required to sustain an overall sense of what's taking place in the undersea environment. Our ancient village of Sumay is used by the Navy to provide ongoing assistance and support to ensure that America's ballistic missile submarines, which constitutes the sea-based leg of the United States nuclear weapons triad, can carry out its assigned mission.

As Pacific islanders of Chamorro ancestry, we have the incentive to learn how submarines engage in underwater target practice, live fire and sinking exercises using its available weaponry. We have the incentive to understand how use of active sonar and large underwater explosives by submarines can disturb, injure, and kill our rare marine mammals.






Guam's need for a hardened infrastructure

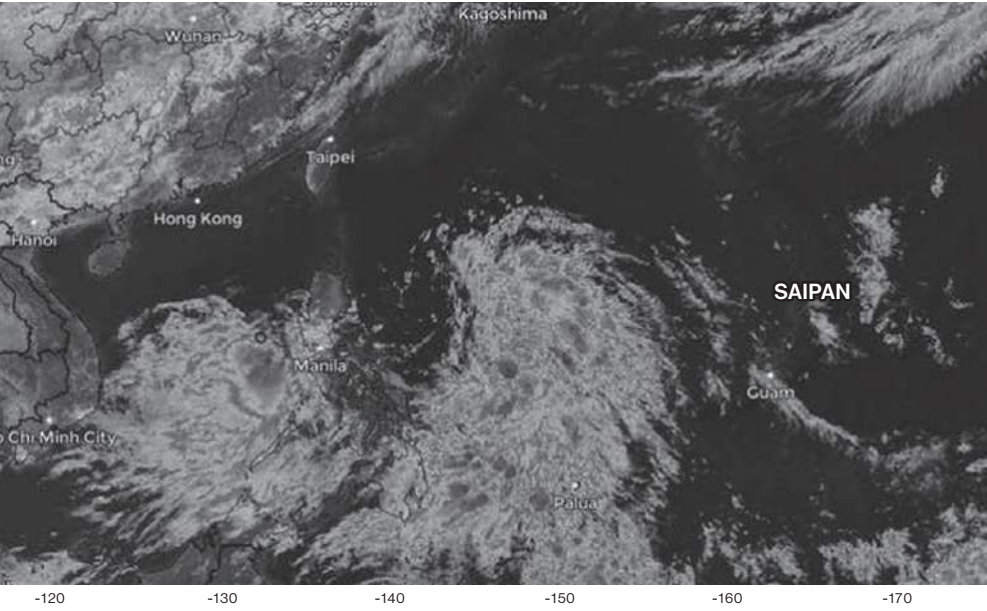
Our people should be concerned with why Guam is not 100% protected from an incoming Chinese or Russian cruise missile attack aimed at Sumay or Ritidian. We should be asking why villagers do not have a bill in Congress to support the construction of a comprehensive nuclear bomb shelter infrastructure for Guam's villager population.

We should be concerned about how Russia, the United States and China are focusing more and more on the design and use of unmanned undersea vehicles powered by nuclear energy, able to carry tactical nuclear weapons at speeds that were previously unheard of.

We should also wonder why the U.S. and China do not have bilateral arrangements to make port calls and why more efforts are not being taken by America to partner with China to offset Russia's interest in growing its overall ability to project force using submarines powered by nuclear reactors carrying nuclear weapons aimed at Guam.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
Mostly sunny with isolated showers. East winds 10 to 15 mph.		Mostly clear. Isolated showers. East winds 10 to 15 mph.		Mostly cloudy with isolated showers and thunderstorms.		Mostly cloudy with isolated showers and thunderstorms.		Mostly cloudy with scattered showers and isolated thunderstorms.	
89°	76°	89°	76°	88°	76°	88°	76°	88°	76°
YESTERDAY'S SATELLITE IMAGE									



PICTURE TIME: 6:47 AM, SUNDAY, JULY 4, 2021

Western North Pacific between equator and 25N from 130E to 180.

IR Satellite shows warming cloud tops to the east, with a few flare ups in Guam's far western coastal waters where a few showers still linger. The Ipan buoy shows seas between 3 and 5 feet with an eight second period.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, <https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html>
- Ensure a 30-day supply of all medicines.

seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mp and, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at <http://www.chcc.gov.mp/pressrelease.html> and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

MICRONESIA			▲▼°F
Guam and Rota	Thunderstorms	86° / 79°	
Palau	Thunderstorms	85° / 77°	
Yap	Thunderstorms	86° / 78°	
Chuuk	Thunderstorms	87° / 79°	
Pohnpei	Thunderstorms	85° / 77°	
Kosrae	Thunderstorms	85° / 77°	
Majuro	Thunderstorms	84° / 79°	

DAY	SUNRISE	SUNSET
Today	5:51 AM	6:51 PM
Tuesday	5:51 AM	6:51 PM
Wednesday	5:52 AM	6:51 PM
Thursday	5:52 AM	6:51 PM
Friday	5:52 AM	6:51 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	1:58 AM	2:52 PM	-
Tuesday	2:36 AM	3:42 PM	-
Wednesday	3:17 AM	4:33 PM	-
Thursday	4:02 AM	5:25 PM	-
Friday	4:51 AM	6:17 PM	-

AROUND THE GLOBE			▲▼°F
Auckland	Showers	59° / 48°	
Beijing	Partly Cloudy	95° / 75°	
Hong Kong	Thunderstorms	88° / 81°	
Honolulu	Mostly Sunny	86° / 75°	
London	Rain	70° / 57°	
Los Angeles	Sunny	86° / 67°	
Manila	Thunderstorms	90° / 79°	
Melbourne	Partly Cloudy	55° / 43°	
Miami	Thunderstorms	86° / 81°	
New York	Showers	84° / 68°	
Osaka	Rain	88° / 75°	
Paris	Showers	72° / 57°	
Busan	Rain	82° / 73°	
Rome	Sunny	89° / 72°	
Salem	Thunderstorms	90° / 73°	
San Francisco	Sunny	66° / 53°	
Seoul	Thunderstorms	86° / 72°	
Tokyo	Mostly Cloudy	86° / 73°	
Washington, DC	Mostly Sunny	90° / 72°	

TIDES: SAIPAN HARBOR TODAY			FEET
3:34 AM	High Tide	1.93	
11:03 AM	Low Tide	0.42	
6:03 PM	High Tide	1.65	
10:37 PM	Low Tide	1.32	

FLIGHT SCHEDULE AS OF JULY 1, 2021

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA117	6:30am	7:10am	1, 3, 5, 6, 7	UA174	4:50am	5:31am	1, 3, 5, 6, 7
SAIPAN-MANILA (MNL)				MANILA (MNL)-SAIPAN			
UA117/183	6:30am	8:50pm	5 via Guam	UA184/174	9:50pm	5:31am+1	5 via Guam
UA117/183	6:30am	9:10pm	3, 7 via Guam				
GUAM-MANILA (MNL)				MANILA (MNL)-GUAM			
UA183	6:55pm	8:50pm	5	UA184	9:50pm	4:05am+1	5
UA183	7:15pm	9:10pm	1, 3	UA184	10:25pm	4:20am+1	1, 3

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN TO ROTA				1202	8:00	8:15	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1203	9:00	9:15	Daily
1301	8:30AM	9:00AM	Daily	1204	10:00	10:15	Daily
1302	11:00AM	11:30AM	Daily	1205	11:00	11:15	Daily
1303	1:30PM	2:00PM	Tues/Wed/Thurs/Fri	1206	12:00	12:15	Temporarily Unavailable
1304	3:30PM	4:00PM	Daily	1207	13:00	13:15	Temporarily Unavailable
ROTA TO SAIPAN				1208	14:00	14:15	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	1209	15:00	15:15	Daily
3101	9:30AM	10:00AM	Daily	1210	16:00	16:15	Daily
3102	12:00AM	12:30AM	Daily	1211	17:00	17:15	Daily
3103	1:30PM	3:00PM	Tues/Wed/Thurs/Fri	1212	17:00	17:15	Temporarily Unavailable
3104	4:30PM	5:00PM	Daily				
ROTA TO GUAM							
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2101	7:30	7:45	Temporarily Unavailable
3401	12:15	12:45	Temporarily Unavailable	2102	8:30	8:45	Daily
GUAM TO ROTA				2103	9:30	9:45	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2104	10:30	10:45	Daily
4301	13:00	13:30	Temporarily Unavailable	2105	11:30	11:45	Daily
				2106	12:30	12:45	Temporarily Unavailable
				2107	13:30	13:45	Temporarily Unavailable
				2108	14:30	14:45	Daily
SAIPAN TO TINIAN				2109	15:30	15:45	Daily
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY	2110	16:30	16:45	Daily
1201	7:00	7:15	Temporarily Unavailable	2111	17:30	17:45	Daily
				2112	18:30	18:45	Temporarily Unavailable

NEWS DESK

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Business

Cosmo Lounge opens in Susupe

By **MARK RABAGO**
mark_rabago@saipantribune.com
ASSOCIATE EDITOR

Looking for a quiet place to study for school or have a business meeting? Look no farther than Cosmo Lounge on the second floor of the Golden Plaza Building across Kanoa Resort in Susupe.

Owner Kyung Yi Lee said Cosmo Lounge doubles as a meeting lounge and study café.

“Cosmo Lounge is for people who want to have a quiet and comfortable meeting place. Students who want to do a project together can always go to cafes, but they’re not very quiet and there are no separate rooms,” she said.

The use of Cosmo Lounge’s rooms costs only \$5 for a minimum of two hours with one-time free serving of coffee, tea, or water.

“Cosmo Lounge is not a café; it’s more of a place for



MARK RABAGO

Cosmo Lounge’s rooms costs only \$5 for a minimum of two hours with one-time free serving of coffee, tea, or water.

group meetings, group study, and where students can work on group projects,” Lee added.

The new business is called Cosmo Lounge because they already have an existing tour company called Cosmo Tours. “In keeping with the theme

Cosmo, we named it Cosmo Lounge,” he added.

Inside, professionals and students can sit in comfortable seats and use large and functional tables for work or projects they need to finish. There are also dividers inside



MARK RABAGO

Cosmo Lounge is on the second floor of the Golden Plaza Building across Kanoa Resort in Susupe.

the rooms for whenever teams want to break into smaller groups.

And because it’s simply a lounge, Cosmo Lounge doesn’t serve food outside of the delicious cake for sale in their display cabinet and the coffee, tea, or water that they’re offering for free as



MARK RABAGO

Inside Cosmo Lounge, customers can use comfortable seats and large and functional tables for work or projects they need to finish.

an opening promotion. Customers can bring in “simple” snacks, the owner said.

Cosmo Lounge is allowed 50 customers under guidelines

set by the COVID-19 Task Force and is open everyday from 8am to 7pm. For more information, call 235-4596 or 989-8205.

Las Vegas is bouncing back, but the virus is on the rise too

LAS VEGAS (AP)—Fifteen months after the pandemic transformed Las Vegas from flamboyant spectacle to ghost town, Sin City is back.

Tourists are streaming in again, gambling revenue has hit an all-time high, the Las Vegas Strip has its first new casino in a decade, and big concerts are starting at a gleaming new stadium. Plexiglass panels installed to separate gamblers at the poker and blackjack tables have largely been removed, the world-famous buffets are reopening, and nightclub dance floors are packed.

Vice President Kamala Harris was set to visit Saturday for what the White House is calling the “America’s Back Together” tour celebrating progress against the virus.

But that progress is threatened: Nevada this week saw the highest rate of new COVID-19 cases in the country, hospitalizations are on the rise again, and the highly contagious delta variant has become the most prevalent form of the virus in the state, adding urgency to the campaign to get more people vaccinated.

Still, in a place where the economy runs on crowds and uninhibited behavior, a return to pandemic-related restrictions and mask requirements seems to be off the table.

Inside the casinos, guests are not required to wear



In this June 24, 2021, photo, people walk in during the opening night of Resorts World Las Vegas in Las Vegas.

AP

masks if they are fully vaccinated, but employees do not appear to be asking anyone for proof.

“It seems like everything is opening back up, getting back to normal,” Teresa Lee, a 47-year-old tourist from Nashville, Tennessee, said Thursday as she stood on the Strip, looking out over the fountains in front of the Bellagio casino.

Lee said she is vaccinated and felt safe in Las Vegas because she read about the casinos’ efforts to get their workers and their families vaccinated.

Tyler Williams, a 22-year-old from Eugene, Oregon, said it didn’t feel as if there was a pandemic anymore because “people are every-

where.” He said he had seen hardly anyone with a mask apart from a few foreign tourists and felt no need to wear one himself, because he is vaccinated.

Las Vegas fully reopened and lifted restrictions on most businesses June 1, though many casino-resorts had already returned to 100% capacity before that with approval from state regulators. Visitor numbers, while not at their pre-pandemic highs, have grown by double digits four months in a row.

Shows and fireworks are scheduled for the July 4 weekend, and the new 65,000-seat Allegiant Stadium where the NFL’s relocated Raiders will kick off their season this fall was set to host its first major

concert Saturday, by electronic dance music star Illenium. It will be followed by a full-capacity show from Garth Brooks next weekend.

Over the past two weeks, Nevada’s diagnosis rate of 190 new cases per 100,000 people was higher than that of Missouri, Arkansas and Wyoming -- all states with lower vaccination levels—and the state public health lab found the delta variant in almost half the COVID-19 cases it analyzed.

Also, the number of patients hospitalized with the virus has grown 33% over the past week, according to the Centers for Disease Control and Prevention, though the levels are far below what they were in December, when hospitals were near capacity.

Fewer working-age people may slow economy. Will it lift pay?

WASHINGTON (AP)—As America’s job market rebounds this summer and the need for workers intensifies, employers won’t likely have a chance to relax anytime soon. Worker shortages will likely persist for years after the fast-reopening economy shakes off its growing pains.

Consider that the number of working age people did something last year it had never done in the nation’s history: It shrank.

Estimates from the Census Bureau showed that the U.S. population ages 16 through 64 fell 0.1% in 2020—a scant drop but the first decline of any kind after decades of steady increases. It reflected a sharp fall in immigration, the retirements of the vast baby boom generation and a slowing birth rate. The size of the 16-64 age group was also diminished last year by thousands of deaths from the coronavirus.

A year earlier, in 2019, the working age population had essentially plateaued.

It’s not entirely clear how population patterns will un-

fold once the pandemic fully fades. But even if the working age population resumes growing, it will almost certainly do so at an anemic pace. A continuing drop in that population, or even a tepid increase, would pose a problem for the economy. A healthy economic expansion has always depended on robust population growth to fuel consumer spending, justify business expansion and drive corporate earnings. Without a sizable influx of new workers, growth could stagnate.

Still, some economists foresee a silver lining for individuals: Fewer people of working age could compel companies to compete harder to hire and retain employees. And that could mean higher pay, better opportunities and other inducements to keep and attract workers, a trend already evident in the June jobs report the government released Friday. Average hourly pay rose a hefty 3.6% compared with a year ago, faster than the pre-pandemic pace.

Nation

Demolition preparations begin at condo with storm looming

SURFSIDE, Fla. (AP)—Rescuers suspended their search for the living and the dead in the rubble of a collapsed South Florida condo building Saturday to allow crews to start preparing the unstable remainder of the structure for demolition ahead of a tropical storm.

The search and rescue mission was halted in the afternoon as workers began the precarious business of boring holes to hold explosives in the concrete of the still-standing portion of the Champlain Towers South tower in Surfside, Miami-Dade Assistant Fire Chief Raide Jadallah told relatives awaiting word on missing loved ones.

In the closed-door briefing, Jadallah said the suspension was a necessary safety measure because the drilling could cause the structure to fail. If that were to happen, he said, "It's just going to collapse without warning."

But in video that one of the relatives livestreamed on social media, one of them was heard calling it "devastating" that the search was on pause. She asked whether rescuers could at least work the perimeter of the site so as not "to stop the operation for so many painful hours."

Also Saturday, the con-



Florida Gov. Ron DeSantis, left, and his wife Casey leave flags at a makeshift memorial near the Champlain Towers South condo building, where scores of victims remain missing more than a week after it partially collapsed, Saturday, July 3, 2021, in Surfside, Fla.

down, this will protect our search and rescue teams, because we don't know when it could fall over," DeSantis said at a news conference earlier in the day. "And, of course, with these gusts, potentially that would create a really severe hazard."

"The fear was that (Elsa) may take the building down for us and take it down in the wrong direction," Surfside Mayor Charles Burkett said.

Elsa was downgraded Saturday from a Category 1 hurricane to a tropical storm with maximum sustained winds of 70 mph (110 kph) as it brushed past the island of Hispaniola, home to the Dominican Republic and Haiti.

The long-term forecast track showed it heading toward Florida as a tropical storm by Tuesday morning, though some models would carry it into the Gulf or up the Atlantic Coast. Meteorologists warned that it could bring heavy rain and gusty winds to the Miami area.

firmed death toll from the partial collapse of the 12-story building rose to 24 with the discovery of two more bodies. There were 121 people still unaccounted for.

Concerns had been mounting over the past week that

the damaged structure was at risk of failure, endangering the crews below. The search in adjacent areas of the collapse site was curtailed, and shifts detected by monitors early Thursday prompted a 15-hour suspension of the entire effort

until engineers determined it was safe to resume.

The building won't come down until Monday at the earliest, according to Jadallah. That estimate was based on how many holes the demolition team needs to drill, he said, adding that the process has to move slowly to prevent

a premature collapse.

With Tropical Storm Elsa looming in the Caribbean and forecast to move toward the state in the coming days, Florida Gov. Ron DeSantis said demolishing the "tottering" and "structurally unsound" structure is the prudent thing to do.

"If the building is taken

'Nobody's winning': Drought upends life in US West basin



A tractor tears dried dirt on land that was unplanted this year due to the water shortage on Wednesday, June 9, 2021, in Tulelake, Calif.

TULE LAKE, Calif. (AP)—Ben DuVal knelt in a barren field near the California-Oregon border and scooped up a handful of parched soil as dust devils whirled around him and birds flitted between empty irrigation pipes.

DuVal's family has farmed this land for three generations, and this summer, for the first time, he and hundreds of others who rely on a federally managed lake to quench their fields aren't getting any water from it at all.

As the farmland goes fallow, Native American tribes along

the 257-mile-long (407-kilometer) river that flows from the lake to the Pacific watch helplessly as fish that are inextricable from their culture hover closer to extinction.

This summer, a historic drought and its consequences are tearing communities apart and attracting outside attention to a water crisis years in the making. Competition over Klamath River water has always been intense, but now there is simply not enough, and all the stakeholders are suffering.

"Everybody depends on the

water in the Klamath River for their livelihood. That's the blood that ties us all together," DuVal said of the competing interests. "Nobody's coming out ahead this year. Nobody's winning."

Those living the nightmare worry the extreme drought is a harbinger of global warming.

"The system is crashing ... for people up and down the Klamath Basin," said Frankie Myers, vice chairman of the Yurok Tribe, which is monitoring a massive fish kill on the river. "It's heartbreaking."

Twenty years ago, when wa-

11 people in custody after hourslong armed standoff on I-95

WAKEFIELD, Mass. (AP)—An hourslong standoff with a group of heavily armed men that partially shut down Interstate 95 ended Saturday with 11 suspects in custody, Massachusetts state police said.

The standoff shut down a portion of I-95 for much of the morning, causing major traffic problems during the Fourth of July holiday weekend. Authorities said the interstate is now reopened and the shelter-in-place orders for Wakefield and Reading were lifted.

The standoff began around 2 a.m. when police noticed two cars pulled over on I-95 with hazard lights on after they had apparently run out of fuel, authorities said at a Saturday press briefing.

At least some of the suspects were clad in military-style gear with long guns and pistols, Mass State Police Col. Christopher Mason said. He added that they were headed to Maine from Rhode Island for "training."

"You can imagine 11 armed individuals standing with long guns slung on an interstate highway at 2 in the

morning certainly raises concerns and is not consistent with the firearms laws that we have in Massachusetts," Mason said.

In a video posted to social media Saturday morning, a man who did not give his name, but said he was from a group called Rise of the Moors, broadcast from Interstate 95 in Wakefield near exit 57.

"We are not antigovernment. We are not anti-police, we are not sovereign citizens, we're not Black identity extremists," said the man who appeared to be wearing military-style equipment. "As specified multiple times to the police that we are abiding by the peaceful journey laws of the United States."

The website for the group says they are "Moorish Americans dedicated to educating new Moors and influencing our Elders."

Mason said he understood the suspects, who did not have firearms licenses, have a different perspective on the law.

"I appreciate that perspective," he said "I disagree with that perspective at the end of

the day, but I recognize that it's there."

Mason said he had no knowledge of the group, but it was not unusual for the state police to encounter people who have "sovereign citizen ideology," although he did not know if the people involved in the Wakefield standoff was a part of that.

The men refused to put down their weapons or comply with authorities' orders, claiming to be from a group "that does not recognize our laws" before taking off into a wooded area, police said.

Mason said the suspects surrendered after police tactical teams used armored vehicles to tighten the perimeter around them.

Police initially reported nine suspects were taken into custody, but two more were taken into custody in their vehicle later Saturday morning. Two suspects were hospitalized, but police said it was for preexisting conditions that had nothing to do with the standoff.

Police and prosecutors are working to determine what charges the members of the group will face.

Asia

17 dead, 40 rescued in PH military plane crash

MANILA, Philippines (AP)—A Philippine air force C-130 aircraft carrying troops crashed in a southern province after missing the runway Sunday, killing at least 17 military personnel while at least 40 were rescued from the burning wreckage, officials said.

Defense Secretary Delfin Lorenzana said rescue efforts are ongoing. He said the aircraft had 92 people on board, including three pilots and five crew. The rest were army personnel.

The Lockheed C-130 Hercules was one of two ex-U.S. Air Force aircraft handed over to the Philippines as part of military assistance this year. It crashed on landing shortly before noon Sunday in Bangkal village in the mountainous town of Patikul in Sulu province, Chief of Staff Gen. Cirilito Sobejana said.

The plane was transporting troops from southern Cagayan de Oro city, Sobejana said. Government forces have been battling Abu Sayyaf militants in the predominantly Muslim province of Sulu for decades. It was not immediately clear



This April 21, 2017, file photo shows a Philippine Air Force C-130 transport plane as Philippine troops march at the Philippine-claimed Thitu Island off the disputed Spratlys chain of islands in the South China Sea in western Philippines. AP

what caused the crash.

"It's very unfortunate," Sobejana told reporters. "The plane missed the runway and it was trying to regain power but failed and crashed."

Sobejana said at least 40 people on board were brought to a hospital and troops were trying to save the rest.

It has been raining in the central Philippines but it was not immediately clear if the weather in the Sulu region has been affected. The airport in Sulu's main town

of Jolo is located a few kilometers (miles) from a mountainous area where troops have battled the Abu Sayyaf. Some militants have aligned themselves with the Islamic State group.

The United States and the Philippines have separately blacklisted the Abu Sayyaf as a terrorist organization for bombings, ransom kidnappings and beheadings. It has been considerably weakened by years of government offensives but remains a threat.

US vacates key Afghan base pullout target is 'late August'

WASHINGTON (AP)—Nearly 20 years after invading Afghanistan to oust the Taliban and hunt down al-Qaida, the U.S. military has vacated its biggest airfield in the country, advancing a final withdrawal that the Pentagon says will be completed by the end of August.

President Joe Biden had instructed the Pentagon to complete the military with-

drawal by Sept. 11, the 20th anniversary of the terrorist attacks on the United States, but the Pentagon now says it can finish the drawdown a little earlier. In fact, the drawdown is already largely completed and officials had said it could be wrapped up this weekend. But a number of related issues need to be worked out in coming weeks, including a new U.S. military command

structure in Kabul and talks with Turkey on an arrangement for maintaining security at the Kabul airport, and so an official end to the pullout will not be announced soon.

The administration is meanwhile narrowing options for ensuring the safety of thousands of Afghans whose applications for special visas to come to the United States have yet to be approved.

scene on cell phone video. Witnesses said they heard a giant roar and then watched helplessly as homes got gobbled up by the muddy waves. The two people confirmed dead, both women, had been swept to the sea and were found by the coast guard, said Tatsushi Ueda, a Shizuoka prefecture official in charge of disaster prevention. Of the 10 who were rescued, one suffered minor injuries. In Atami, 121 people had been evacuated, said Ueda.

Afghanistan finds deadly fungal infection in COVID patients

KABUL, Afghanistan (AP)—A deadly fungal infection known as "black fungus" that first surfaced in Indian

COVID-19 patients has been detected in Afghanistan, which is in the middle of a brutal third wave of the coronavirus, Health Minister Wahid Majroh said Saturday. Afghanistan has recorded one death from the fungus, which has been detected in two other patients, he said. In Afghanistan, where people rarely wear masks and there is no social distancing, the numbers of new cases have been steadily rising, with 1,272 new cases in the past 24 hours and 92 deaths. The testing rate in Afghanistan is barely 4,000 a day. Since the pandemic began last year, Afghanistan has recorded 124,757 cases and 5,199 deaths though the figures are believed to be wildly underreported.

World

WORLD BRIEFS

Europe in vaccination race against COVID-19's delta variant

LISBON, Portugal (AP)—Countries across Europe are scrambling to accelerate coronavirus vaccinations and outpace the spread of the more infectious delta variant, in a high-stakes race to prevent hospital wards from filling up again with patients fighting for their lives. The urgency coincides with Europe's summer holidays, with fair weather bringing more social gatherings and governments reluctant to clamp down on them. Social distancing is being neglected, especially among the young, and some countries are scrapping the requirement to wear masks outdoors. Incentives for people to get shots include free groceries, travel and entertainment vouchers, and prize drawings. The president of Cyprus even appealed to a sense of patriotism. The risk of infection from the delta variant is "high to very high" for partially or unvaccinated communities, according to the European Centre for Disease Control, which monitors 30 countries on the continent. It estimates that by the end of August, the variant will account for 90% of cases in the European Union's 27 nations.

3 dead as Elsa speeds through Caribbean, aims for Cuba

PORT-AU-PRINCE, Haiti (AP)—Tropical Storm Elsa battered the southern coasts of Haiti and the Dominican Republic on Saturday, downing trees and blowing off roofs as it sped through the Caribbean, killing at least three people. The storm was centered about 175 miles (280 kilometers) east-southeast of Kingston, Jamaica, and was swirling west-northwest at 17 mph (28 kph). It had maximum sustained winds of 65 mph (100 kph) as the tropical storm, which had been a Category 1 hurricane earlier on Saturday, weakened in its approach to Hispaniola and Cuba, according to the National Hurricane Center in Miami. The storm was forecast to hit Cuba next on a path that would take it to Florida, with some models showing it would spin into the Gulf or up the Atlantic Coast. A tropical storm watch was in effect for the Florida Keys from Craig Key westward to Dry Tortugas. Elsa prompted Gov. Ron DeSantis to declare a state of emergency in 15 Florida counties, including in Miami-Dade County where the high-rise condominium building collapsed last week.

Court OK's probe of Brazil's Bolsonaro, who faces protests

RIO DE JANEIRO (AP)—Protests against President Jair Bolsonaro spread across Brazil on Saturday, a day after a Supreme Court justice authorized a criminal investigation into his response to allegations of potential corruption involving a vaccine deal. Demonstrators gathered by the thousands in more than 40 cities to demand Bolsonaro's impeachment or greater access to vaccines against COVID-19. "If we have a minute of silence for each COVID death, we would be quiet until June 2022," read a poster held aloft by a man in Belem, the capital of Para state. More than half a million Brazilians have died, by official count. In Friday's decision, Supreme Court Justice Rosa Weber said the investigation is supported by recent testimony in a Senate committee investigating the government's handling of the COVID-19 pandemic. Prosecutors will investigate whether Bolsonaro committed the crime of "prevarication," which entails delaying or refraining from action required as part of a public official's duty for reasons of personal interest.

Iran president warns of possible new wave of COVID cases

TEHRAN, Iran (AP)—President Hassan Rouhani said Saturday that Iran may face another wave of coronavirus infections, as health officials warned of the spread of the more infectious delta variant of the virus. Rouhani, speaking at a national coronavirus task force meeting, urged people to postpone their summer travels and gatherings to prevent the "spread of the virus, particularly its Indian variant." Iran has reported cases of the delta variant in a number of cities and towns. "There are concerns that we go into the direction of a fifth wave," he said. "In southern provinces we should apply more treatment since the delta variant has infiltrated there." Rouhani's website reported his remarks.

Cyprus asks EU, Israel for help fighting huge forest fire

NICOSIA, Cyprus (AP)—Cyprus asked fellow European Union nations on Saturday to help battle a huge forest fire in a mountainous region of the east Mediterranean island nation that has forced the evacuation of at least seven villages. Cypriot Environment Minister Costas Kadis told state broadcaster CyBC that the fire has claimed "huge tracts of forest" and private property near the village of Arakapas in the

Troodos mountain range. Cypriot President Nicos Anastasiades said on Twitter that this was "a very difficult day for Cyprus" and that the "entire state apparatus" has been mobilized to assist in fighting the blaze which strong winds have fanned across multiple fronts in difficult, hilly terrain. "The main priority is to avoid any loss of life," said Anastasiades. News reports showed homes going up in flames and massive plumes of brown smoke blotting out the sun.

Chinese astronauts make first space walk outside new station

BEIJING (AP)—Two astronauts made the first space walk on Sunday outside China's new orbital station to work on setting up a 15-meter (50-foot) long robotic arm. Liu Boming and Tang Hongbo were shown by state TV climbing out of the airlock as Earth rolled past below them. The third crew member, commander Nie Haisheng, stayed inside. The astronauts arrived June 17 for a three-month mission aboard China's third orbital station, part of an ambitious space program that landed a robot rover on Mars in May. Their mission comes as the ruling Communist Party celebrates the 100th anniversary of its founding. The station's first module, Tianhe, or Heavenly Harmony, was launched April 29. That was followed by an automated spacecraft with food and fuel. Liu, Nie and Tang arrived June 17 aboard a Shenzhou capsule.

Hundreds of Palestinians demonstrate against Abbas

RAMALLAH, West Bank (AP)—Hundreds of Palestinians gathered in the occupied West Bank city of Ramallah on Saturday to demonstrate against President Mahmoud Abbas, hoping to inject new momentum into a protest movement sparked by the death of an outspoken critic in the custody of security forces. Palestinian security forces and groups of men in plainclothes violently dispersed a similar protest a week ago, drawing expressions of concern from the United States and the U.N. human rights chief. There were no immediate reports of violence on Saturday. The Palestinian Authority was established as part of the peace process in the 1990s and governs parts of the Israeli-occupied West Bank. It has grown increasingly autocratic and unpopular, and Abbas cancelled the first elections in 15 years in April when it looked like his fractured Fatah party would lose badly.

ASIAN BRIEFS

2 dead, 20 missing after mudslide rips through Japan town

TOKYO (AP)—A gush of mud that swept away homes and cars in a resort town southwest of Tokyo left at least two people dead and about 20 missing, officials said Sunday. Ten people were rescued and as many as 80 homes buried in Atami, where hundreds of firefighters, military troops and three coast guard ships worked from daybreak Saturday to try to reach those believed to be trapped or carried away by the mudslide. The deluge crashed down a mountainside into rows of houses following heavy rains that began several days ago. Bystanders, their gasps of horror audible, caught the

Health & Wellness

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Kristin Moses, of Body Bar fitness studio, shows the technique for a lunge, part of the routine for a 20-minute workout in Dallas, Texas.



Kristin Moses, of Body Bar fitness studio, shows off how to do jumping jacks, part of the routine for a 20-minute workout in Dallas, Texas.



Kristin Moses, of Body Bar fitness studio, shows off a one-legged triceps exercise, part of the routine for a 20-minute workout in Dallas, Texas.

MICHAEL AINSWORTH/DALLAS MORNING NEWS/MCT

Think about your day. Can you unearth a spare 20 minutes? They may be masquerading as Internet-surfing or lurking within the commercials-skipped sitcom you record and watch every evening.

This search comes with a caveat: When you find those wayward 1,200 seconds, you lose your no-time-to-exercise excuse. Because though most health recommendations are for a half-hour workout daily, a concentrated 20 minutes can suffice quite nicely.

“Do as much as you can in that 20 minutes,” says Jakob Vingren, assistant professor in the department of kinesiology, health promotion and recreation at the University of North Texas. “Get as much work done as possible in the allotted time.”

At McMaster University in Hamilton, Ontario, researchers studied the effect that intervals — short bursts of intense exercise — had on various groups of people. They found that a 20-minute workout consisting of one minute of strenuous activity alternated with a minute of easy recovery, had significant health and fitness effects on unfit volunteers, cardiac patients and, in later research, diabetics.

“There’s a lot of benefit in 20 minutes if done the right way,” says Bobby Patten, co-founder and head coach of Dallas Aquatic Masters. “If you go for a leisurely walk for 20 minutes, that’s better than sitting. If you upped the intensity, it’s better than a stroll. If you walked up and down hills, that’s even better.”

The brevity is good from a convenience standpoint, though, and breaking the time into pieces helps it pass even more quickly, says Craig Leverette, academic chair professor of physical education at Collin College.

“Interval training is about fluctuation of heart rate within a target zone,”

he says. “Anything you do, a bunch of little milestones along the way goes by faster than staring at the exact same tree out the exact same window on the exact same treadmill.”

The first part of most workouts tends to involve burning carbohydrates as an energy source, he says. Most people have a goal of burning fat, which comes later in a workout. The concentrated intensity of a 20-minute workout helps speed the process a little.

“Everybody has a target zone” for their heart rate, Leverette says, “based on age, resting heart rate, things like that. You want it to be as high — moderate to vigorous — as you can be. It will be hard to breathe and talk, not that you would want to.”

Additionally, Vingren says, “The higher the intensity, the more muscle fibers you activate.” Plus, working hard in bursts of intensity helps improve VO2 max, which is a measure for cardiovascular endurance.

How to spend those 20 minutes?

“We can make a simple answer, but it’s not always simple,” says Vingren, who has a doctorate in exercise physiology. “It would be like going to the doctor and saying, ‘I’m sick. I need to take a pill.’ It depends on your goal, current level of training,

risk factors. It should all be done on an individual basis.”

He recommends a “super-set workout” — moving from one strength-training exercise to the next without stopping, then repeating at least one more time. For example, do a set of squats (lower body, abs and core) followed by bench pressing (arms and chest) and row exercise (back).

“Do larger muscle exercises before smaller muscle exercises, and alternate muscle groups,” Vingren says.

One of the Ontario researchers suggested a 20-minute workout that alternates one minute of running or cycling hard with one minute of decreased intensity, done a couple of times a week, after clearing with your doctor, of course. Here are two more ideas:

SWIMMING

The expert: Bobby Patten, head coach of Dallas Aquatic Masters

The advice: “Play for effort over distance: short distance fast, short easy.”

He suggests “pyramid sets” — 25 yards fast, then 25 yards easy. Increase distance: 50 fast, 50 easy; 100 fast, 100 easy, resting 10 to 20 seconds between each set.

“You’re increasing your metabolism more that way than by just go-

ing at 70 percent for a longer time,” Patten says. “Any interval I think is beneficial: heart rate high, steady aerobics, then zap it up again. In 20 minutes, you can kill yourself, really feel spent.”

Every mile of swimming is equal to about four miles of running, he says. People run two or three miles and think it’s “a good enough workout. Swimmers get a mind-set of ‘only 1,000 meters’ being not any good. But if you do it as intervals, that’s a good workout.”

CALISTHENICS

The expert: Kristin Moses, co-owner of the newly opened Body Bar fitness studio in Travis Walk. She’s also raising three boys, so “totally understands” the no-time-to-exercise crunch.

The advice: Start with a three- to four-minute warm-up by doing 30 seconds of jumping jacks, 30 seconds of high knees, 30 of glute kicks, 30 of jumping jacks.

“That gets you moving, gets the oxygen moving,” she says.

From there, go into a series of squats and lunges: 15 squats at moderate tempo, 15 lunges with your right leg and 15 with your left.

“Come to the floor and do 20 to

25 full or modified push-ups. You’re moving from your legs, big-muscle groups, to upper-body big muscles and chest, which builds your heart rate and puts you into fat-burning zones.”

Next, turn over and sit, hands on the floor behind you. Raise your hips off the floor for 20 to 25 triceps dips.

Repeat the sequence, and this time “pick up your pace, get your butt moving,” Moses says. “Do the leg sequence again. You’re building stamina.”

The third go-round, make it a sprint: “Do jumping jacks as fast as you can, high knees as fast. You’re starting to spike.”

Finish with ab work, she says. Come to the floor and do a plank for 30 seconds to a minute. From there, turn onto your right side and do a side plank. Repeat with the left side.

“Voila!” she says. “You’re done, and you’re in amazing shape.”

FAST WORKOUT ADVICE

Mix it up: If you do 20 minutes of cardio one day, do strength training the next time.

Make the most of your time. “Some people do 100 bicep curls with the same little dumbbell,” says Jakob Vingren, co-director of the Applied Physiology Laboratory at the University of North Texas. “That’s not really resistance training. The benefits aren’t there. Plus, you’re wasting your time. It takes forever and is not efficient.”

Gear your workout to your lifestyle. “What else are you doing that could be counted toward a workout?” says Craig Leverette of Collin College. For people on their feet all day, he suggests doing a 20-minute workout focusing on flexibility or strength training. For someone doing a lot of lifting, use the time for cardio.

How to get fit in 20 minutes

By **LESLIE BARKER GARCIA**
THE DALLAS MORNING NEWS

Life & Style

Princes William, Harry unveil Princess Diana's statue

LONDON (AP)—Princes William and Harry put aside their differences Thursday to unveil a statue of Princess Diana, cementing their late mother's place in royal history on what would have been her 60th birthday.

Diana's three siblings joined the brothers for the private ceremony in the Sunken Garden at London's Kensington Palace, a place the princess once found solace. It was only the second time the brothers have appeared together in public since Harry stepped aside from royal duties over a year ago.

The statue, which shows a larger-than-life Diana surrounded by three children, was commissioned by the brothers in 2017. The style of her dress is meant to evoke the final period of her life, when she gained confidence in her humanitarian work.

"Today, on what would have been our mother's 60th birthday, we remember her love, strength and character — qualities that made her a force for good around the world, changing countless lives for the better," William and Harry said in a joint statement. "Every day, we wish she were still with us, and our hope is that this statue will be seen forever as a symbol of her life and her legacy."

The statue is "immensely significant" because it underscores the brothers' effort to portray Diana as someone who connected with the people and modernized the monarchy, said Robert Lacey, a historian and author of "Battle of Brothers: William, Harry and the Inside Story of a Family in Tumult." Traditionalists had criticized



DOMINIC LIPINSKI / POOL PHOTO VIA AP
Britain's Prince William, left and Prince Harry unveil a statue they commissioned of their mother Princess Diana, on what would have been her 60th birthday, in the Sunken Garden at Kensington Palace, London, Thursday July 1, 2021.

her as having undermined centuries of tradition.

"Statues are not popular or fashionable or even even politically correct things these days," Lacey said. "So the fact that Diana, once a rebel, the royal outcast, is being elevated with her own plinth and position ... says a great deal about the way the British monarchy is moving on and will be moving on."

Royal watchers who hoped the unveiling ceremony would provide insight into the state of William and Harry's strained relationship were likely to have been disappointed. Video released after the event showed the brothers entering the garden together before talking

with family members and then pulling two ropes to remove the cover from the statue.

In their only other recent appearance together the pair seemed to chat amiably after the funeral for their grandfather, Prince Philip. But later reports indicated there was little progress in easing the rift.

Links between the brothers have been painfully strained in recent months, with William defending the royal family from allegations of racism and insensitivity made by Harry and his wife, Meghan, from their new home in Southern California.

Harry stepped back from royal duties last year and moved his family to the U.S.

in search of a more peaceful existence that he could better control. William has pressed on with royal life and the never-ending demands that accompany his role as second-in-line to the throne.

The relationship became more tense in March when Harry and Meghan gave an interview to U.S. talk show host Oprah Winfrey.

Harry confirmed rumors that he and his brother had been growing apart, saying "the relationship is 'space' at the moment"—though he added that "time heals all things, hopefully." Harry also told Winfrey that his father, Prince Charles, didn't accept his calls

for a time.

The couple revealed that before the birth of their first child, an unidentified member of the royal family had expressed concern about how dark his skin might be. Days after the broadcast, William responded to questions called out by reporters, stating that his was "very much not a racist family."

But Diana's memory is something that continues to unite the princes.

Both William and Harry seek to control the way their mother is portrayed, highlighting her philanthropy and common touch while discounting the controversies, said historian Ed Owens, author of "The

Family Firm: Monarchy, Mass Media and the British Public 1932-1953," which examines the royal family's public relations strategy.

"I think that they both share a ... common view of Diana, which they both seek to promote," Owens said. "The re-imagining of Diana that is taking place via the princes at the moment is entirely complementary. And I think for the sake of Thursday, bygones will be bygones."

Those touched by the life of the preschool teacher turned princess have been remembering her ahead of birthday, recalling the complicated royal rebel who left an enduring imprint on the House of Windsor.

Not far away from the new statue, Diana fan Abdul Daoud has enshrined the memory of the princess at his Café Diana, which opened in 1989.

The café's walls groan with pictures of Diana. There she is meeting Mother Teresa. Or holding flowers. Or in a tiara.

Daoud wants people to remember the beauty and kindness of the princess, who would come in for cappuccino.

Aware that Diana liked lilies, Daoud would send her flowers to mark her birthday. One of his proudest possessions is a letter of thanks she once sent him.

Mom feels pressured to take adult-only trips

DEAR ABBY: My husband and I have been married for almost a decade, and our beautiful daughter is 3. We're not planning on more children for health and personal reasons. I feel constant pressure from other mom-friends and couples to go on vacation without my daughter. While my husband would be OK with this, I am not. We had plenty of time to travel before our daughter came along, and we plan to continue doing so with her.

My husband respects my feelings and understands where I'm coming from but, unfortunately, none of our friends do. It's at the point where they make me feel like I am crazy for not wanting to leave my child for an extended period of time. They all say they need a "break" from their kids. I simply do not feel the same way. Must I force myself to leave my daughter and go on vacation without her? Or am I right to feel the way I do?

Don't get me wrong—I understand everyone is different. Some feel that a kid-free vacation is what they need, and to me, that is perfectly fine. It's just that they make me feel like something is wrong with me that's bothering me. I don't do that to them. I respect their decisions, so why don't they do the same?

MOMMY WHO'S STAYING PUT

DEAR ABBY: You may have had your child later than they did, and their children may be older, which might account for the fact they feel they need a break. I'm surprised, however, that anyone would expect you to take an "extended" one. Please try to hang onto your sense of humor about this. If you don't care to join in the "fun," you are not compelled to do it.

DEAR ABBY: A few months before my son "Travis" turned 18, he moved into a friend's house. The year before he left, it seemed like he did everything possible to upset me and my younger son, who is 7. Travis would antagonize his little brother, and when a reaction happened, Travis would blame him for reacting.

Travis missed 37 days of school and claimed it was my fault. He refused to help with chores and was mad every day about something. When he left, we had a long talk about it, but he did not admit it or apologize for his behavior. I feel guilty for not wanting a relationship with him because he doesn't have a lot of supportive people in his life. But how do I be supportive to someone I don't feel deserves my support?

TORN MOM IN ILLINOIS

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



him as you always have. Support him by encouraging him to get his high school diploma and, possibly, counseling from a licensed mental health professional so he can figure out what his issues are and resolve them. What you should NOT do is support him financially under these circumstances. Let him know you will always be there for him if he changes his mind. At 18, he needs to learn to take responsibility for the decisions he makes. Moving out under the circumstances you described was a poor choice.

Good advice for everyone — teens to seniors — is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR MOMMY: I don't think those friends mean to

DEAR MOM: Support your son by continuing to love

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1 Latin 101 word
4 Bit of wit
7 Give a dam
11 Voting group
13 Attorneys' org.
14 Pub orders
15 Minnelli of "Arthur"
16 Rep.'s rival
17 Answer an invite
18 Apply, as pressure
20 Caboose
22 Zodiac animal
24 Convertible couch
28 Writers
32 Shorthand pro
33 Cupid's realm
34 "Tell —" (Streisand/Dion song)
36 Abhor
37 "— My Heart in San Francisco"

DOWN

1 Competent
2 Cato's 1059
3 Leak slowly
4 Knee protector
5 Modern taxi rival
6 Identified
7 Take responsibility
8 Gore and Pacino
9 Gun the engine
10 "Sixth sense"
12 Princess Leia
19 Bar bill
21 Small batteries
23 "Not impressed"
25 Rosary unit
26 Within (Pref.)
27 Accomplishes
28 Lost traction
29 Composer Porter
30 Winnebago owner, briefly
31 Perch
35 Wet dirt
38 FDR project
40 Ballot marks
42 Duck down
45 Croft of video games
47 Gunk
48 Eventful periods — Valley, Calif.
49 Lustrous black
51 Poem of praise
52 "Chandelier" singer
54 Kitten's cry

Solution time: 26 mins.

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Last Friday's Answer 07/05

CELEBRITIES BORN ON THIS DAY: Megan Rapinoe, 36; Dave Haywood, 39; Edie Falco, 58; Huey Lewis, 71.

Happy Birthday: Impatience will cost you. Slow down, smell the roses and give yourself plenty of time to figure out what you want to do next. Taking a different approach may be frightening, but it will also be an entry into something new and exciting. Embrace the future with optimism, and use your experience and insight to do what's best for you. Your numbers are 9, 13, 22, 25, 34, 35, 49.

ARIES (March 21-April 19): Put your heart on the line and show someone you love how much. A kind gesture or romantic advance will bring you closer to long-term plans. Honesty and honoring promises will seal a deal. Use your skills to fulfill a professional dream. ***

TAURUS (April 20-May 20): Reconnect with people or organizations you know you can lean on for insight and suggestions. Emotional situations will lead to uncertainty and confusion. Be reasonable, and you'll develop a logical solution. Don't let down a friend, relative or lover. ***

GEMINI (May 21-June 20): Leave nothing to chance when dealing with people who are eager to take advantage of you. Put your time and effort into something that helps you get ahead. Refuse to let what others do lead you astray. ***

CANCER (June 21-July 22): Keep an eye on the cost of things. Don't feel you have to pay for someone else or donate

to something you cannot afford. Offer your time or suggestions, not your cash. Concentrate on gathering information and applying it to doing a terrific job. ****

LEO (July 23-Aug. 22): Refuse to let your emotions get in the way. Being reasonable will help you get what you want; inconsistency and anger will put a wedge between you and someone who can influence your ability to excel. Personal growth is featured. **

VIRGO (Aug. 23-Sept. 22): Put more thought and detail into your ideas and plans. Having your strategy in place before you start a new adventure will rule out making a mistake. Get approval, and you'll avoid upsetting someone who relies on you. *****

LIBRA (Sept. 23-Oct. 22): There are endless possibilities if you are willing to stretch your imagination and make personal changes that will accommodate what's available. Hunker down and pick up skills and knowledge that will help you turn your dream into a reality. ***

SCORPIO (Oct. 23-Nov. 21): A positive change at home will encourage you to explore something unique. Don't limit what you can do because someone advises otherwise. Do what feels right and best for you. Let your intuition push you toward a brand-new start. ***

SAGITTARIUS (Nov. 22-Dec. 21): Put more effort into fitness, health and taking better care of your finances. Once you have all your ducks in a row, you'll find it easier to forgo temptation and indulgence. Surround your-

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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self with people who are good influences. ***

CAPRICORN (Dec. 22-Jan. 19): Change begins with you. Consider how to make your life better, your home more comfortable and convenient, and your relationships with others copacetic. Life is too short to waste on arguing a moot point. Ditch what no longer works for you. *****

AQUARIUS (Jan. 20-Feb. 18): Delve into projects, and finish what you start. What you accomplish will make you feel good, impress others and lead to all sorts of opportunities. Romance is favored, and an affectionate gesture will bring you closer to someone you love. **

PISCES (Feb. 19-March 20): You'll receive an inadequate assessment of what's going on around you. Domestic problems based on an assumption, not the truth, will develop. Do the necessary research before you voice your opinion. An innovative idea can help you drum up support. ****

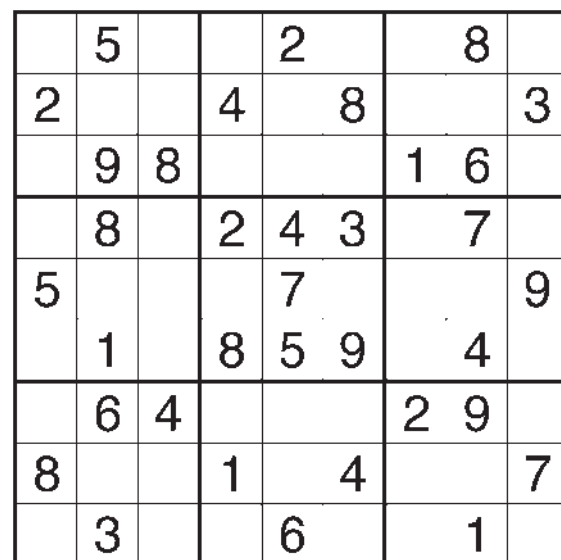
Birthday Baby: You are creative, generous and appealing. You are unpredictable and passionate.

☉: Avoid conflicts; work behind the scenes. ☽: You can accomplish, but don't rely on others. ☿: Focus and you'll reach your goals. ♋: Aim high; start new projects. ♌: Nothing can stop you; go for gold.

SUDOKU

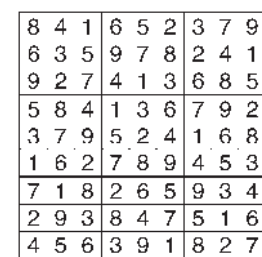
Conceptis Sudoku

By Dave Green



Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer



Difficulty Level ★

7/05

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

THINGS ON A RACK

Solution: 8 letters

S S S C S I D S L E W O T G S
U T N I R P S E K I B E L N W
T V N A E D C V S P S A O I E
E I S A P I S R L O S W S L A
N D U E P E A A L S B B T I T
S E S S I J N C E O I C R E E
I O E P L T L S A R O E F O C R
L S O S S O D R Y A I F H E E
S L H V T R D A T R I H S E G
O B S H E S R S R L D I I G A
H A E S A N G S E T A N F A G
A S S L S N R S N R W M U R G
T I I K T O G R I L L O B A U
S C I D S T E K C A J R G L
E S R D P K C A R S E T A K S

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Artwork: Basic Belts, Bikes, Ceiling, Closet, Clothes, Coats, Discs, Dish, Doors, Dress, Files, Fish, Garage, Glasses, Grill, Hanger, Hats, Jacket, Jars, Lamb, Laundry, Luggage, Oven, Pans, Pants, Pies, Plants, Polo, Pots, Print, Rack, Raise, Ribs, Scarves, Shirt, Shoes, Shorts, Skates, Skis, Slippers, Snowboards, Spice, Suit, Sweater, Ties, Towel, Utensils, Videos, Yarn

Last Friday's Answer: Acoustical
To purchase WONDERWORD books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

STUMPED?

For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

Bucks beat Hawks, head to NBA Finals for 1st time since 1974



ATLANTA (AP)—The Milwaukee Bucks were an instant success in the NBA, winning a championship in just their third season and reaching the finals again three years later.

Nearly a half-century later, they finally have a shot at another title.

Khris Middleton scored 32 points, including a run of 16 straight in a decisive third quarter that carried the Bucks to a 118-107 victory over the upstart Atlanta Hawks in Game 6 of the Eastern Conference finals Saturday night.

Milwaukee won the series 4-2, advancing to the NBA Finals for the first time since 1974. Game 1 against the West champion Suns is Tuesday night in Phoenix.

The Bucks didn't even need Giannis Antetokounmpo to lock up their spot. The two-time MVP missed his second straight game with a knee injury, but Middleton & Co. had his back.

Jrue Holiday added 27 points and four other players scored in double figures.

Antetokounmpo cheered them on from the bench.

"One of the biggest things we did the last two games was play for him," said Pat Connaughton, who had 13 points and eight rebounds. "We do have a true team."

Trae Young returned to the Hawks lineup after missing two games with a bone bruise in his right foot, but the young star never got anything going. After both teams struggled to find the range in the first half, the Bucks suddenly couldn't miss in the third quarter.

Especially Middleton.

Atlanta actually had a chance for its first lead of the game when Young's behind-the-back

pass gave Kevin Huerter an open look from 3-point range.

The shot rimmed out, and Middleton quickly ripped off the next 13 points to suddenly push Milwaukee's edge to 60-45.

Young broke up the one-man onslaught with a driving basket, but Middleton responded with a 3-pointer that gave him 16 straight Milwaukee points.

Middleton finished the quarter with 23 points, nearly outscoring the Hawks all by himself. Atlanta had 29 points in the period as Milwaukee headed to the final quarter with a commanding 91-72 lead.

"My teammates and my coaches, they told me to keep being aggressive," Middleton said. "I love it. Each one of these guys, they work every single day. Everybody stays ready. Everybody stays locked in. We all play for each other. And that's all you can ask for."

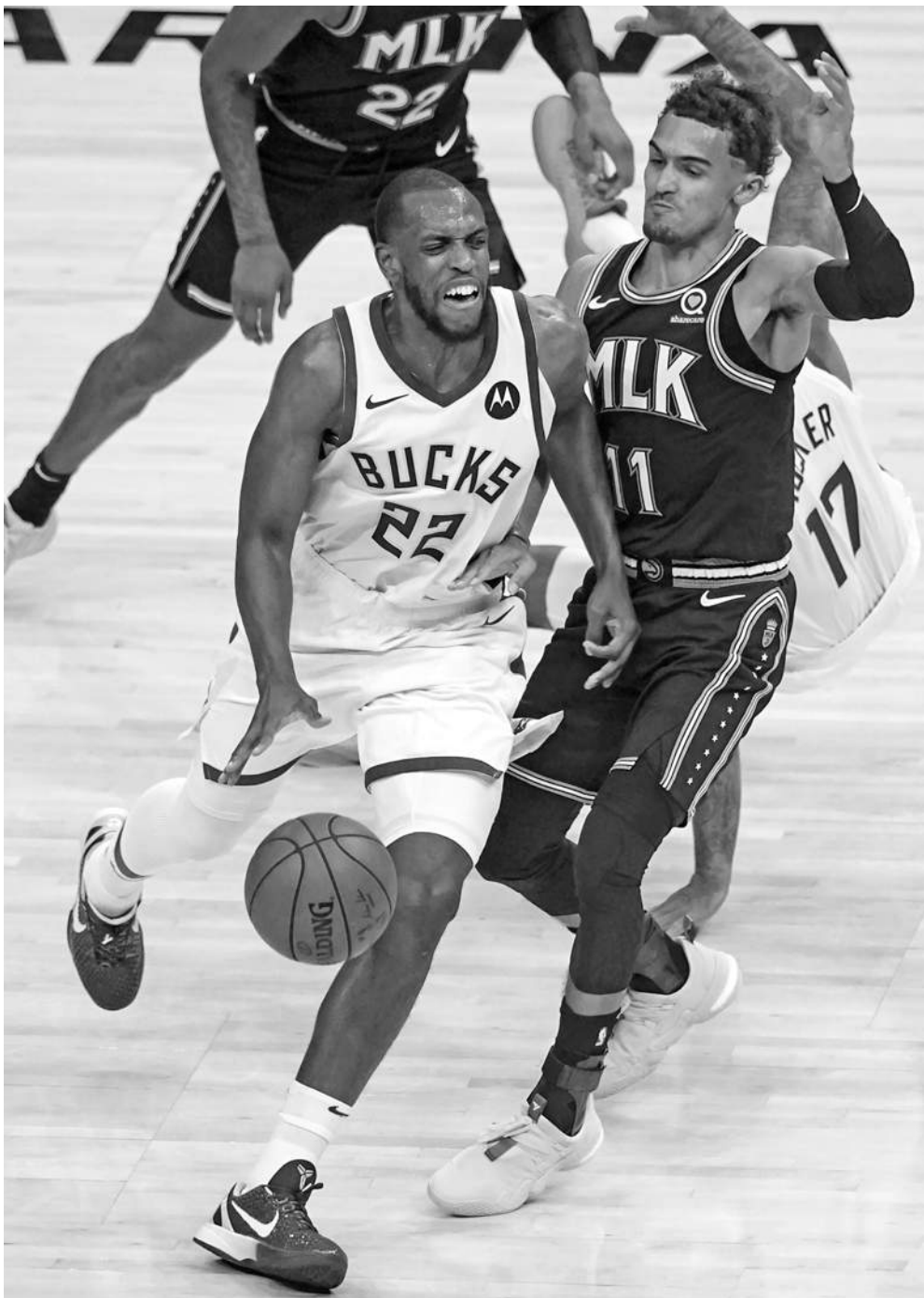
Cam Reddish, who missed much of the season with an Achilles injury, came off the bench to spark the Hawks. He scored 21 points—making six of seven 3-pointers—as the Hawks sliced a 22-point deficit down to six in the closing minutes.

"The message was, 'No regrets. We don't want any regrets. Empty the tank,'" said Nate McMillan, the Hawks interim coach. "And they did."

But the Bucks finished it off, rekindling memories of the franchise's early years when Milwaukee quickly became the center of the NBA world with a team led by two of the game's greatest players, Kareem Abdul-Jabbar and Oscar Robertson.

The duo led the team to its only NBA title in 1971. The Bucks returned to finals in '74, only to lose to the Boston Celtics in seven games.

Robertson retired after that season and Abdul-Jabbar was



dealt a year later to the Los Angeles Lakers, ending Milwaukee's run as a glamour franchise.

Now, the Bucks are back in the finals with a whole new group of stars. As they proved in the last two games against the Hawks, they're certainly more than the Greek Freak.

With Antetokounmpo side-

lined by a hyperextended left knee, the Bucks turned to his supporting cast to finish off Atlanta. Brook Lopez had 33 points in Game 5, and three other starters scored at least 22.

Middleton and Holiday carried the load in the deciding game.

"These guys have put the

work in all year. They deserve to go to the finals," said Milwaukee coach Mike Budenholzer, who previously coached the Hawks. "We've got more work to do."

Despite a disappointing finish, the Hawks stamped themselves as a future force with a young group that knocked off the New York Knicks and the

Milwaukee Bucks forward Khris Middleton (22) works past Atlanta Hawks guard Trae Young (11) during the second half in Game 6 of the Eastern Conference finals in the NBA basketball playoffs Saturday, July 3, 2021, in Atlanta.

top-seeded Philadelphia 76ers to surprisingly advance to the conference finals.

Mired at 14-20 when they fired coach Lloyd Pierce shortly before the All-Star break, Atlanta went on a run under McMillan that carried the Hawks to the playoffs for the first time since 2017.

They didn't stop there, advancing to the conference finals for only the second time with Young leading the way.

"We all understand this is just beginning," Young said. "It was fun to have this city excited. We want to keep it like that."

After missing Games 4 and 5 with a bone bruise in his right foot, Young was cleared to play shortly before tipoff Saturday night. The crowd went nuts when the charismatic point guard was the introduced as the final member of the starting five.

"He's baaaaaack!" the public-address announcer screamed.

But, clearly, he wasn't all the way back.

After a nearly week-long layoff, Young seemed tentative and out of sorts. Sure, he flashed a bit of his old form on a couple of bursts to the basket, but 14 points on 4-of-17 shooting was not at all what the Hawks had come to expect from their breakout star.

"I just wanted to battle and try to fight through it as much as I could, try to be out there for my team," Young said. "But it was definitely frustrating not being healthy and not being able to give my full 100%."

LOS ANGELES (AP)—Monty Williams wasn't named NBA Coach of the Year, but he has something more monumental—a trip to the NBA Finals.

While Chris Paul was emotional Wednesday night after the Phoenix Suns eliminated the Los Angeles Clippers 130-103 in Game 6 of the Western Conference finals, Williams was taking joy in seeing his players celebrate.

"I really enjoyed watching him and his emotions after the game. I was like, I must be getting old now because I'm enjoying watching other people," Williams said. "It used to be about me. Now, I'm looking at everybody else having a good time and I'm like, man, I'm getting old."

Williams and Paul hugged after the game and took in the moment. Even though there were plenty of tears

Williams, Paul emotional after Phoenix reaches NBA Finals

from Paul, there were none from Williams.

"It's just authentic. I just felt like hugging him. I think his parents were right behind us and he was emotional," Williams said. "I felt for him. I had my emotional time before the game."

Before the Suns took to the Staples Center court, Williams and assistant coach Randy Ayres were in the locker room reflecting on their journey together—five years in New Orleans and the last two in Phoenix.

"Today about 2:30 we were in the locker room. It was just Randy and I. I was like, 'Man, Randy, we're so close.' And then Randy starts telling me what he felt about me, because he's been with me since day one in New Orleans. And I broke down before the game," Williams said. "So I under-

stood the emotions that Chris was dealing with. I just ran out of tears. I used all mine up about 2:30, 3 p.m. today.

"I was gone, because Randy had just spoke from the heart to me about some things that we have been through. He's been with me every step of the way since New Orleans and now."

While Paul's 16-year journey to his first NBA Finals will be one of the integral storylines, Williams also deserves his plaudits. When he was named coach on May 3, 2019, the Suns had just come off a 19-63 season in which they tied for the league's second-worst record.

Two years later, Phoenix broke a 10-year playoff drought by finishing with the league's second-best mark (51-21) in a pandemic-shortened season. Phoenix is just

the third team in the last 45 years to improve from having one of the league's two worst records to a top-two mark in two seasons or less.

The Suns eliminated the defending champion Los Angeles Lakers in the first round in six games, swept league MVP Nikola Jokic and the Denver Nuggets in four in the semifinals and dispatched the Clippers in six to reach the NBA Finals for the third time in franchise history.

"He respects the position. And that's really gratifying for me, to see how much work he puts into it," Ayres said. "I told him today, like we'll have a situation that we want to talk about at the end of the day before we all go home. I know the next day he's put in the time to come up with a solution for that situation. And you

respect that. I've seen that for seven years."

Williams showed last season he had a good nucleus of young talent with Devin Booker and Deandre Ayton after improving by 15 wins. By adding Jae Crowder and Paul, it put them over the top, along with an additional improvement of 17 wins.

"Monty coming in, building the culture, him leading us with the preparation meets opportunity. That was these moments right here, and we took it and we ran with it," Booker said.

Along with having home-court advantage, the Suns should be plenty rested going into the NBA Finals. If the Eastern Conference finals between the Milwaukee Bucks and Atlanta Hawks ends in six games, the series will begin

on Tuesday. If it goes the distance, it starts on July 8.

Phoenix should also be favored to capture its first championship. It last made the NBA Finals in 1993, losing to Michael Jordan and the Chicago Bulls in six games.

The Suns only other appearance was in 1976, a loss to the Boston Celtics in six games. That series still goes down in NBA Finals lore for the Celtics triple overtime win in Game 5.

"I'm happy and proud of our team. Monty not winning Coach of the Year, but we know who he is," Paul said. "They won two games in this series without me, and it just shows you how crazy it is. First series got the nerve thing. Win the second series, end up with COVID. It's been a lot and I want it not just for myself, but for everybody in that locker room."

Walker shuts down Yanks, Mets fans cheer 8-3 win in Bronx



NEW YORK

(AP)—Taijuan

Walker took a no-hitter into the sixth inning, Brandon Nimmo provided a spark in his return from the injured list and the New York Mets beat the crosstown Yankees 8-3 Saturday to open a three-game Subway Series.

The Mets already led 8-0 when Aaron Judge homered with one out in the sixth to end Walker's bid for the record-tying eighth no-hitter in the majors this season.

Walker (7-3) was lifted after 5 2/3 innings and got a standing ovation from Mets fans among the season-high crowd of 40,047 at Yankee Stadium.

Jordan Montgomery (3-3) stranded five Mets baserunners over the first three innings to keep it scoreless, but the visitors broke through in the fifth. Nimmo led off with a single, one of his three hits, and scored the first run.



AP
New York Mets pitcher Taijuan Walker throws to first base for an out on New York Yankees' DJ LeMahieu during the first inning of a baseball game on Saturday, July 3, 2021, in New York.

Tigers 11, White Sox 5

In Detroit, Eric Haase hit a three-run, inside-the-park homer and later cleared the fence for another three-run drive, and Detroit snapped Chicago's five-game winning streak.

The Tigers trailed 2-0 in the fourth inning when Jonathan Schoop and Miguel Cabrera drew walks from Dallas Keuchel (6-3). Haase hit a sinking liner that bounced past diving center fielder Billy Hamilton and rolled to the wall as the runners circled the bases.

Haase's inside-the-park homer was the first by a Tigers player since JaCoby Jones hit one last Aug. 10 against the White Sox. The six RBIs were a career-high for Haase, who has four multi-homer games this season.

Tarik Skubal (5-7) lasted five innings, allowing five runs on eight hits while striking out six.

Phillies 4, Padres 2

In Philadelphia, Bryce Harper homered and drove in two runs, Rhys Hoskins also went deep and Philadelphia beat San Diego.

Zach Eflin (3-6) allowed two runs and three hits in six innings, and Philadelphia's bullpen held the lead. Bailey Falter, Archie Bradley and Ranger Suárez combined for three innings of one-hit, scoreless relief. Suárez earned his first professional save with a perfect ninth.

Manny Machado hit his 13th homer, a two-run drive. The Padre have lost three straight after winning 11 of 12.

Yu Darvish (7-3) gave up four runs and six hits in six innings with eight strikeouts and a walk.

Reds 3, Cubs 2

In Cincinnati, Joey Votto and

Tyler Naquin homered and Cincinnati handed Chicago its eighth straight loss.

The Reds' bullpen pitched four scoreless innings. Ryan Hendrix (4-1), the second of four Cincinnati relievers, got the win. Heath Hembree pitched the ninth for his second save in two days.

Adbert Alzolay (4-8) gave up three runs and five hits in seven innings for the Cubs.

Blue Jays 6, Rays 3

In Buffalo, N.Y., George Springer homered for the second straight day, Santiago Espinal hit his first career home run and Toronto beat Tampa Bay.

The Blue Jays won for the 10th time in 13 games. Tampa Bay has lost five straight overall and 10 in a row on the road.

Springer led off the second inning with his fifth homer, going deep on a first-pitch fastball from Shane Bieber (3-3).

Adam Cimber (2-2) got the win in relief of Ryan Stripling, who allowed one run on two hits and three walks in 5 2/3 innings.

Royals 6, Twins 3

In Kansas City, Mo., Hunter Dozier drove in three runs and Edward Olivares hit a two-run homer, helping Kansas City beat Griffin Jax and Minnesota.

Danny Duffy lasted only four innings, allowing two runs on six hits and two walks, but the Kansas City bullpen was solid for the second straight day.

Kyle Zimmer (4-0) was the first of five relievers who pitched an inning apiece, and Scott Barlow handled the ninth for his fourth save and second in as many games.

Jax (1-1), the first draft pick ever from the Air Force Academy, allowed six runs on eight

hits and three walks in his first career start.

Marlins 3, Braves 2

In Atlanta, Sandy Alcantara pitched six strong innings, Garrett Cooper homered and drove in two runs, and Miami beat Atlanta.

Alcantara (5-7) walked the first two batters he faced and issued two free passes in the third, but didn't allow a hit until Ozzie Albies singled with two outs in the third. He gave up one unearned run and five hits with four walks and four strikeouts.

Yimi Garcia earned his 13th save in 16 chances after facing four batters in the ninth.

Kyle Muller (1-2) gave up four hits and three runs in 5 2/3 innings.

Angels 4, Orioles 1

In Anaheim, Calif., Alex Cobb allowed one run in a season-high 7 2/3 innings, David Fletcher extended his hitting streak to 17 games and Los Angeles beat Baltimore for its third straight win.

Cobb (6-3) allowed four hits and struck out five with one walk.

Major League home run leader Shohei Ohtani, who had gone deep in 11 of 15 games, was 0 for 2 and walked three times, with two being intentional.

Phil Gosselin drove in a pair of runs and Jared Walsh had two hits for the Angels. Raisel Iglesias retired Baltimore in order in the ninth for his 16th save.

Ramón Urias had two hits and Pat Valaika drove in Baltimore's only run. Jorge López (2-11) was charged with four runs and seven hits in 4 2/3 innings.

Brewers 11, Pirates 2

In Pittsburgh, Omar Narváez

had five hits, Avisail García drove in five runs and Jace Peterson added four RBIs as Milwaukee rolled to its 11th straight victory.

It is the Brewers' longest winning streak since they began the 1987 season with a franchise-record 13 victories in a row.

The five hits—all singles—were a career high for Narváez. Peterson and García each had three of the Brewers' 16 hits. Christian Yelich scored three times and drew three walks.

Eric Lauer (3-3) allowed one run and four hits in 6 1/3 innings. He struck out four and walked four.

Rookie Cody Ponce (0-2) lasted just 1 2/3 innings in his second start of the season. He was tagged for five runs and six hits while walking three and striking out three as the Pirates' losing streak reached six games.

Astros 3, Indians 2

In Cleveland, Jake Odorizzi pitched six strong innings, Carlos Correa and Abraham Toro homered and Houston beat Cleveland, which has lost a season-high five straight.

Odorizzi (3-3) allowed one earned run and four hits while pitching into the seventh.

Ryne Stanek and Cristian Javier worked an inning apiece for Houston before Ryan Pressly picked up his 14th save in 15 chances.

Eli Morgan (1-3) was the third consecutive rookie to start in this four-game series for the Indians.

Dodgers 5, Nationals 3

In Washington, A.J. Pollock hit a go-ahead single in the sixth inning, and Los Angeles extended a winning streak to eight for the third

time this season.

Pinch-hitter Chris Taylor added an RBI single in the ninth for a two-run lead.

Washington has lost three and a row and is 0-6 this season against the Dodgers.

Wander Suero (2-2) took the loss.

Brusdar Graterol (1-0) pitched a hitless inning for the win. Kenley Jansen earned his 21st save in 23 chances.

Dodgers starter Clayton Kershaw lasted just 54 pitches and four innings because of rain, which caused a 1-hour, 44-minute delay.

Rockies 3, Cardinals 2

In Denver, Trevor Story snapped a scoreless tie with a three-run homer in the seventh inning and Colorado held off St. Louis.

Daniel Bard struck out Dylan Carlson with runners at second and third for his 12th save.

Kyle Freeland allowed three hits over six shutout innings for the Rockies, who have won five of six. Jhoulys Chacín (2-1) worked a perfect seventh.

Génesis Cabrera (1-3) took the loss. Cardinals starter Wade LeBlanc was equally effective, scattering three hits and three walks over 5 2/3 scoreless innings.

Athletics 7, Red Sox 6, 12 innings

In Oakland, Calif., Tony Kemp hit a game-winning sacrifice fly to cap a three-run 12th inning, and Oakland snapped Boston's eight-game winning streak.

Sean Murphy and Seth Brown singled to start the bottom of the 12th before Jed Lowrie's tying double off Matt Andriese (2-3).

Oakland won despite stranding 17 runners.

Marwin González put Bos-

ton ahead on a single with one out in the top of the 12th before a single by Kiké Hernández made it 6-4.

J.B. Wendelken (1-0) picked up the win. Oakland's 15 hits were its most so far through five games of the homestand.

Rangers 7, Mariners 3

In Seattle, John Hicks homered in his first two at-bats, Eli White added a three-run shot and the Texas Rangers snapped a 13-game losing streak in Seattle with a 7-3 victory over the Mariners on Saturday night.

Texas won in Seattle for the first time since July 23, 2019, and ended the longest active losing streak in an opponents' park in the majors.

Hicks was the catalyst with his second career multi-homer game. A former prospect in the Mariners organization, he led off the third and fourth innings with home runs as part of a miserable return to the mound for Seattle starter Marco Gonzales.

Hicks' first long ball was the start of a four-run inning capped by White's line-drive homer that barely cleared the wall in left field for his fourth of the season.

Giants 6, Diamondbacks 5

In Phoenix, San Francisco manager Gabe Kapler opted to have Austin Slater to pinch hit for Alex Dickerson to lead off the fifth inning.

Slater ended up grounding out, but he made up for it with a big blast at a crucial moment.

Slater hit a two-run homer in the eighth inning, Mike Yastrzemski also had a two-run shot and the Giants rallied to beat the struggling Arizona Diamondbacks 6-5 on Saturday night.

"We depend on Slater and I thought that was an important enough at-bat to get him into the game," Kapler said. "Obviously, he got the biggest hit of the night for us."

The Giants hit three homers to end a season-long four-game losing streak in an 11-4 win Friday and again took the Diamondbacks down with the long ball.

Arizona went up 5-4 on David Peralta's bloop single in the fifth inning, but Slater fouled off a couple of good pitches from Ryan Buchter (0-2) before hitting a 463-foot homer to center.

San Francisco has scored 214 of its 405 runs (52.8%) of its runs this season on homers.

Kyrgios 'not bad for a part-time player' in Wimbledon win

WIMBLEDON, England (AP)—Nick Kyrgios was back on the scene at Wimbledon, offering his inimitable brand of showmanship and shot-making, with tennis by turns exhilarating and exasperating.

Even if he hadn't played on tour at all since February, even if he came in with a grand total of 15 matches of competition over the past 18 months, Kyrgios showed he still can deliver the goods when he puts his mind to it.

Just a handful of days after finishing the lengthy trek from the comforts of home in Canberra, Australia, to the grass courts of the All England Club — leaving the carefully calibrated practice and prep to others — Kyrgios made quite a return, edging No. 21 seed Ugo Humbert 6-4, 4-6, 3-6, 6-1, 9-7 on Wednesday in a match suspended at 3-all in the last set a night earlier because of an 11 p.m. local curfew.

"Not bad for a part-time player," a smiling Kyrgios told the crowd at No. 1 Court, letting them know his plans for the rest of the day included playing video games with his girlfriend at the tournament's "bubble" hotel.

His was one of more than two dozen first-round contests that wound up finishing on Day 3 after rain Monday and Tuesday scrambled the schedule and contributed to the slickness of the courts that

left some players sliding and stumbling.

So while 19-time Grand Slam champion Novak Djokovic — who made only six unforced errors and beat two-time major finalist Kevin Anderson 6-3, 6-3, 6-3 — and others such as Andy Murray, Frances Tiafoe, Sebastian Korda, Fabio Fognini, Aryna Sabalenka, Garbiñe Muguruza, Sloane Stephens and Iga Swiatek reached the third round on a chilly, overcast and busy day, some were just making their way into the second: Jelena Ostapenko, Victoria Azarenka, Marin Cilic, Felix Auger-Aliassime and Taylor Fritz, among them.

"I'm obviously tired. I fell over a couple of times. Pretty slick courts," said Murray, a two-time Wimbledon winner who's



AP
Australia's Nick Kyrgios celebrates winning the men's singles first round match against Ugo Humbert of France on day three of the Wimbledon Tennis Championships in London, Wednesday June 30, 2021.

had two hip operations and came back to beat qualifier Oscar Otte 6-3, 4-6, 4-6, 6-4, 6-2. "But considering everything, I feel all right. I feel good."

Sofia Kenin, the Australian Open champion and French Open runner-up in 2020, and 41-year-old Venus Williams, who won five of her seven major championships at Wimbledon, lost in the second round. Kenin's departure means seven of the 11 highest-ranked women are now missing from the bracket, including defending champion Simona Halep and Naomi Osaka—who both withdrew before the tournament—and Serena Williams, who injured her right leg when she slipped during her match Tuesday and couldn't continue.

Djokovic dealt with some less-serious footing issues but otherwise was pretty close to impeccable against Anderson,

who smacked 41 aces in his opening match but managed only 11 on Wednesday.

"Still a long way to go. Hopefully, I can go very deep in the tournament. That's the goal," said Djokovic, who seeks a third Wimbledon trophy in a row and sixth overall and is now 16-0 in Grand Slam matches in 2021. "But I'm very pleased with the way I've been playing so far."

As was Kyrgios, for the most part, wagging his racket to ask the fans for more noise as he strutted around after his best shots.

Then again, he also shook his head or told himself he was "rubbish" after many a miss.

Here's something else he seems to do quite a bit: store up every negative thing he reads or hears about himself and either use it as motivation or merely mock it.

TUNA

From Page 20

cash prize for first, second, and third place for heaviest catch, respectively, with additional gift certificates from Fishing Tackle & Sporting Goods.

"Coordinating a tournament with great sponsorship backing from the Bank of Saipan and Pacific Trading Co., TTT

is enthusiastic with building this tournament to be yet another staple fishing event for the CNMI," said Pangelinan.

TTT aims to build on the success of the Wahoo in the Marianas fishing tournament and it hopes to reel in not only CNMI anglers but hopefully Guam anglers will participate as well.

Registration forms will be placed at the Fishing Tackle

& Sporting Goods as well as 4EVER CNMI shop in San Jose. Registration fee is \$200 for one captain and two anglers with additional crew \$25 apiece. The awards ceremony will be held after the last weigh-in on fishing derby day.

Registration is on Aug. 13 from 4pm to 6pm at the Smiling Cove Marina. Fishing shirts and other giveaways will be pro-

vided to registrants while supplies last. This event supports the youth program run by TTT in all the CNMI public high schools of Saipan, Tinian, and Rota. All proceeds generated will go toward supporting the youth program TTT spearheads.

"TTT is geared toward teaching fishing methods to the islands' youth as well as pass on other pertinent life

skills useful in today's environment. Events such as these are a way for the organization to build on resources to continue its programs for the islands' youth on Saipan, Tinian, and Rota," said Pangelinan.

For more information on Tasi to Table Inc.'s Tuna Mix Classic 2021, call Weaver at 483-4363 or Pangelinan at 788-8057.

TEAM

From Page 20

commitment, knowledge of the game of golf, basic knowledge with the rules of golf, and a person must have patience and be able to communicate with athletes in regards to goals and objectives that needs to be achieved," he said.

CFGA is looking at recruiting one men's coach and women's coach.

"The Pacific Mini Games Organizing Committee is as-

sisting the federation in getting officials certified to make critical decisions during competition."

Earlier, CFGA selected Coral Ocean Resort as the venue for the 2020 Pacific Mini Games golf competition.

"It is the longest golf course in our region at 7,160 yards and with additional wind in play, it will play much longer...The federation is in contact with the golf course venue to make sure that it is prepared to get it at competition level and to

showcase premier golf destinations for future competition in the CNMI," said Atalig.

As for equipment, CFGA already submitted a short list to the Pacific Mini Games Organizing Committee.

Among the equipment they've requested include uniforms, hats, golf balls (based on player), golf bags, headcovers for players equipment, and trackman (launch monitor).

"The CFGA is excited to bring golf competition to the CNMI and most especially to

showcase one of the longest golf courses in our region. We have a diverse team in the federation that is composed of different and unique talents to address critical needs," said Atalig.

CFGA has yet to send out any sponsorship packets to businesses, but does welcome businesses that wish to donate monetary or in-kind to benefit the CNMI National Golf Team.

Atalig also said that CFGA is planning a golf fundraiser this coming July 24

at the Coral Ocean Resort. "Details are not final yet, but we are inviting the entire golfing community to help and support us."

Aside from Atalig, CFGA's officers include president Edward Manibusan, secretary/treasurer Lorraine Babauta, social and media officer Gerilyn Dela Cruz, golf tournament coordinators Marco Peter and Joey Dela Cruz. Peter incidentally is also the chairman of the Pacific Mini Games Organizing Committee.

HOSKINS

From Page 20

the shortened 2-mile distance of the course curiously came a bit as a challenge for him.

"This is the shortest race that's I've ran in years so it felt like everything was cramping up in the end just like I remember. Everything was like pretty much sprinting at the end," he said.

Hoskins added that for a second he doubted himself if he could hold on to the lead, especially with eventual runner-up Kosuke Sato breathing down his neck in the latter part of the race.

"I sometimes try to include strategy in running cause it can be a strategic sport. But I'm horrible with the strategy so this was basically go as fast as you can and try to get as much distance from the rest of the pack



MARK RABAGO

Participants of the Inaugural 4th of July Independence Day 2-mile Race pose for a group photo with Latte Built Gym owner Derek Cutting, standing left-most, after the award ceremony yesterday at the Garapan Fishing Base.

CNMI is very thoughtful.

"It's very important cause we're representing how much we care about the people [of the CNMI] and the United States of America."

Cutting earlier said that as a veteran and Latte Built Gym being a veteran-owned business, it was important for him to honor America's independence by holding a race on the 4th of a July. He also said the reason he suggested it be 2 miles is because that is exactly the distance of the Army Combat Fitness Test (ACFT) run.

and try to hold it. Any further the race have gone, he would've gotten me," he said referring to Sato's late-race surge.

Sato came in a few seconds behind Hoskins at 12:01:31, while Ken Song completed the Top 3 with a time of 12:25:61.

Cabrera, for her part, showed all and sundry that she's indeed the next big thing

in athletics by finishing first among the women and eighth overall. The 16-year-old incoming junior at Saipan International School came into the finish line in 15:11:57.

She said the 4th of July race was just ideal for her training regimen.

"This run was very important because it's part of my training.

I don't want to do the races to burn out or go to fast. I'm saving it later for cross country season. My strategy for running is go with a comfortable pace in the first mile and pick it up every mile after," she said.

Cabrera added that Latte Built Gym holding a race to commemorate the 4th of July and Liberation Day in the

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

East Division

	W	L	Pct	GB
Boston	52	32	.619	—
Tampa Bay	47	36	.566	4½
Toronto	43	38	.531	7½
New York	41	40	.506	9½
Baltimore	27	56	.325	24½

Central Division

Chicago	49	33	.598	—
Cleveland	42	38	.525	6
Detroit	37	46	.446	12½
Kansas City	35	47	.427	14
Minnesota	33	48	.407	15½

West Division

Houston	51	33	.607	—
Oakland	49	36	.576	2½
Seattle	44	40	.524	7
Los Angeles	41	41	.500	9
Texas	33	50	.398	17½

NATIONAL LEAGUE

East Division

New York	42	36	.538	—
Washington	40	41	.494	3½
Atlanta	40	42	.488	4
Philadelphia	39	41	.488	4
Miami	35	46	.432	8½

Central Division

Milwaukee	51	33	.607	—
Cincinnati	42	40	.512	8
Chicago	42	41	.506	8½
St. Louis	41	43	.488	10
Pittsburgh	29	53	.354	21

West Division

San Francisco	52	30	.634	—
Los Angeles	52	31	.627	½
San Diego	49	36	.576	4½
Colorado	36	48	.429	17
Arizona	23	62	.271	30½

BY THE ASSOCIATED PRESS



Bucks beat Hawks,
head to NBA Finals for
1st time since 1974

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Kyrgios 'not bad for a
part-time player' in
Wimbledon win

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SAIPAN TRIBUNE

Hoskins, Cabrera top 4th of July Run

By MARK RABAGO
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ASSOCIATE EDITOR

Marshall Hoskins and Tiana Cabrera would've made America's forefathers proud by topping the Inaugural 4th of July Independence Day 2-mile Race bright and early yesterday morning along the Gov. Froilan C. Tenorio Beach Road Pathway.



5-round
tryout to
determine
national
golf team

CONTRIBUTED PHOTO

Junior golfer Joshua Atalig is expected to try out for the CNMI National Golf Team for next year's CNMI 2020 Pacific Mini Games.

By MARK RABAGO
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ASSOCIATE EDITOR

The Commonwealth Federation of Golf Association will use 90 holes of golf encompassing five rounds as a tryout for the CNMI National Golf Team that will compete in the 2022 Pacific Mini Games here on home soil.

CFGF vice president J.J. Atalig said ultimately players that will be chosen for the national team will be determined by their "low gross scores, stamina, agility, and ability to perform under stressful conditions posted after five rounds."

Then it only gets tougher in the final phase of the try-

out, according to Atalig.

"The last three days of tryouts will be 18 holes walking and again it's based on low gross scores. Based on yardage calculation, each player will be walking at least 4.2 miles. Tryouts are open to adult males, junior males, adult females, and junior females," he said.

On picking the national golf coach, the CFGF official said they already have potential candidates that agreed to coach.

"Names will be submitted on the next Commonwealth Federation of Golf Associations meeting. The selection process will be based on

See TEAM on Page 19



The Latte Built Gym-sponsored run was from Garapan Fishing Base to National Office Supply and back and it only took Hoskins under 12 minutes—or 11:50:39 to be exact—to make mincemeat of the course.

The 27-year-old from Pennsylvania said he was honored



to have won the first-ever 4th of July Independence Day 2-mile Race and thanked Latte Built Gym owner Derek Cutting for organizing the event.

"It's a fun reason to get up in the morning. It's great that they organized this 4th of July race for everybody who wants



MARK RABAGO

Marshall Hoskins, left, and Tiana Cabrera cross the finish line of the Inaugural 4th of July Independence Day 2-mile Race yesterday at the gravel road leading up to the Garapan Fishing Base along Beach Road in Garapan.

to participate. It's the first one ever so I believe we will have a much bigger turnout on Year 2 when word starts to spread," he said.

Hoskins, who also won the Run Saipan Underground 5K race in April and June, said

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Tuna Mix Classic on Aug. 14

By MARK RABAGO
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ASSOCIATE EDITOR



A total of \$6,000 is at stake for Tasi to Table Inc.'s Tuna Mix Classic 2021 fishing tournament set for Aug. 14 in the waters off the CNMI.

This early TTT vice president Wayne Pangelinan said they expect to get at least 45 boats to enter the inaugural tournament.

Pangelinan said any pelagic species in contention for prizes from first to third in the heaviest catch must include a tuna species—yellow fin, skip jack, and big eye tuna.

"Be it a marlin, mahi-mahi, wahoo, or sailfish, the combined weight of their selected tuna species with their largest other pelagic make the total weight for submission," said Pangelinan.

When asked why TTT opted to introduce this newest of

fishing tournaments, TTT secretary Derik Reyes said it was just time to introduce a new kind of fishing challenge.

"There are several reasons why we are holding this type of tournament. We wanted to spice it up a bit and offer a

different type of challenge. Change up the tradition of regular fishing derbies and add fun as well as a great learning experience for everyone," he said.

Other TTT officers also chimed in on the idea behind the Tuna Mix Classic 2021.

"Adding another tournament to stimulate the economy. We wish all expected participants good luck!" said TTT president Gene Weaver.

"Tuna is one of the easiest fish to catch, but pairing it with other bigger pelagic species is a challenge. This is where skills come in," said TTT treasurer Alex Castro Jr.

"May the best fisherman win!" added Reyes

Major sponsors Bank of Saipan and Pacific Trading Co. are pulling out all the stops by bankrolling the \$3,000, \$2,000, and \$1,000

See TUNA on Page 19



MARK RABAGO

Tasi to Table Inc. president Gene Weaver, center, poses with winners of the previous TTT Youth Mini-Derby at the Smiling Cove weighing station.